



Weekly Lunch Menus

November 2021 - April 2022

For Allergens see numbers in brackets next to each dish and refer to Allergens table

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|-----------------|-----------------|---------------------|--------------------|
| 1 GLUTEN | 5 MILK | 9 CRUSTACEAN | 13 PEANUTS |
| 2 NUTS | 6 SOY | 10 MUSTARD | 14 SULPHITE |
| 3 EGG | 7 FISH | 11 MOLLUSCS | |
| 4 SESAME | 8 CELERY | 12 LUPINS | |



Week Commencing: 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 28/02, 21/03

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cottage Pie GF	Bangers & Mash Yorkshire Puddings (1,3,5) GF	Bolognaise GF Pasta (1) Garlic Bread (1,5)	Roast of the day Stuffing Balls (1) GF	Battered Fish (1,5,7,10) Fish Cakes (1,5,10) Fish Finger (1,7) GF
Choice 2	Vegan Cottage Pie (6) GF	Vegan Sausages (6) GF	Omelettes (3,5) GF	Quorn Fillet (3)	Quiche (1,3,5)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice & Potatoes	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Mashed Potatoes Roast Potatoes	Jacket Potato Seasonal Vegetables Chips
Salad bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Iced Sponge (1,3,5,14) Custard (3,5)	Chocolate Flapjack (1,5)	Chocolate Orange Sponge (1,3,5,14) Custard (3,5)	Berry Spiral Cookies (1,5)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurt's (5) and Fruit are also available.				

Daily options of filled jacket potato (3, 5, 7). Daily fresh bread (1, 3, 5). Fresh water or milk to drink (5).
Gluten free puddings available on request daily.



Week Commencing 08/11, 29/11, 10/01, 31/01, 07/03, 28/03

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Savoury Mince GF Cobbler (1,8)	BBQ Chicken Melts (5,10) GF	Pizza of the day (1,5)	Toad in the Hole (1,3,5)	Chicken Nuggets (1,5,6,8,10) Fish Cakes (1,5,10) Fish Finger (1,7) GF
Choice 2	Vegetarian Dippers (1,3,5)	Cheesy Pasta Bake (1,5)	Pizza of the day (1,5)	Vegan Toad in the Hole (1,3,5,14)	Vegetable Nuggets (1,3,5)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice & Potatoes	Jacket Potato Seasonal Vegetables Mashed Potato	Potato Wedges Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Chips
Salad Bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Strawberry Whip Eton Mess (3,5)	Orange & Lemon Shortbread (1,5) Custard (3,5)	Chocolate Banana Brownies (1,3,5,14) Custard (3,5)	Flavoured Whip (5)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurt's (5) and Fruit are also available				

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Week Commencing: 15/11, 06/12, 17/01, 07/02, 14/03, 04/04

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Create your own brunch Bacon, Sausage Muffin Omelette Beans, (1,3,5,6) Mushroom GF	Chicken Curry & Rice (1,5) GF	Chicken Burger in a Bun (1,4,6)	Roast of the day GF Yorkshire Puddings (1,3,5)	Battered Fish (1,5,7,10) Fish Cakes (1,5,10) Fish Finger (1,7) GF
Choice 2	Vegan brunch as above Vegan Sausages (1,3, 5,6)	Vegetable Curry & Rice (10) GF	Vegetable Burger in a Bun (1,3,5,8)	Vegetable Pie (1,3,5)	Cheese Toasties (1,5)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice & Potatoes	Jacket Potato Seasonal Vegetables Baked Beans Tomato	Jacket Potato Seasonal Vegetables	Jacket Potato Potato Wedges Seasonal Vegetables	Mashed Potatoes Roast Potatoes Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Chips
Salad Bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Iced Cornflake (1,5,14) Custard (3,5)	Welly Fudge (1,5) Custard (3,5)	Apple Pie/Crumble (1,5) Custard (3,5)	Jammy Dodgers (1,5,14)	Homemade Bake Day (1,3,5,14) Ice-Cream (5)
	Jelly, Yoghurt's (5) and Fruit are also available.				



Daily options of filled jacket potato (3, 5, 7). Daily fresh bread (1, 3, 5).
Fresh water or milk to drink (5).
Gluten free puddings available on request daily.