WHAT'S FOR LUNCH?

AUTUMN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato Pasta WHEAT (GLUTEN), CELERY & SULPHITES	Chicken Cacciatore CELERY	Black Bean Noodle Stir Fry WHEAT (GLUTEN) & SOYA (BARLEY)	Cajun Spiced Beef	Fish of the Day FISH, EGGS & WHEAT (GLUTEN)
MAIN (OPTION 2)	Pesto Pasta WHEAT (GLUTEN)	Chickpea & Aubergine Stew CELERY	Egg Fried Veggie Rainbow Rice SOYA (BARLEY) & EGG	Roasted Pepper & Mixed Bean Fajita WHEAT (GLUTEN)	Mixed Bean Burger WHEAT (GLUTEN)
SIDES **Where main includes, portion will be offered as optional extra**	Grated Cheese MILK	Rice	Asian Slaw SOYA (BARLEY)	Steamed Rice Tomato Salsa	Skin on Chips & Ketchup SULPHITES
VEGETABLES	Sauteed Cabbage	Steamed Broccoli	Seasonal Greens	Mexican Corn	Minted Peas
EXTRAS	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Yoghurt with Honey or Fruit Compote Available Daily Wednesday: Courgette Chocolate Brownie WHEAT (GLUTEN) Friday: Smoothie of the Day MILK				

Week Commencing: 7th Sep/ 28th Sep/ 19th Oct/ 16th Nov/ 7th Dec 2026

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available. Ultra-High Processed Free.