

# Let's see what's for lunch...

## Allergen Information

Please note that all meat dishes are available as both halal and non halal, the allergens remain the same for both options.

Meat Free Monday

**Main Meals**  
Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V

Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) V

Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)

**Vegetables**  
Carrots & Garden Peas V

**Dessert**  
Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V

Homemade Mousse (MK) V

Tuesday

**Main Meals**  
Slow Cooked Beef Masala Curry (SO,MK,MU) with Turmeric Infused Rice

Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V

Pasta (G) with Cheese Sauce (G,MK) V

**Vegetables**  
Green Beans & Sweetcorn V

**Dessert**  
Jam Sponge (G,E,mk,SU) with Custard (MK) V

Jelly V

Wednesday

**Main Meals**  
Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes

Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V

Wholemeal Pasta (G) with Beef Bolognese Sauce

**Vegetables**  
Roasted Seasonal Root Vegetables & Savoy Cabbage V

**Dessert**  
Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V

Homemade Mousse (MK) V

Thursday

**Main Meals**  
Chicken & Vegetable Pie (G,MK) with Red Onion Gravy

Butterbean & Mushroom Stroganoff (MK) with Pearl Barley Rice (G) V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

**Vegetables**  
BBQ Smoky Beans & Carrots V

**Dessert**  
Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V

Jelly V

Friday

**Main Meals**  
Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)

Cheddar & Onion Swirl (G,MK) with Chips V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

**Vegetables**  
Baked Beans & Garden Peas V

**Dessert**  
Vanilla Shortbread Biscuit (G) V

Homemade Mousse (MK) V

Available Every Day

**Salad Bar**

- 12 Mexican Mixed Bean & Pasta Salad (G) V
- Traditional Potato Salad (E) V
- Asian Noodle Coleslaw (G,SO,E) V
- 13 Sweet Chilli Watermelon & Mint Salad V
- Grated Carrot, Cucumber Sticks, Sweetcorn,
- Mixed Leaf & Tomato Salad V

**Freshly Baked Bread**

- 14 Pumpkin & Carrot (G,SO,MK,e) V
- Wholemeal (G,SO,MK,e) V

**Dessert**  
Fresh Fruit Platter V

Homemade Yoghurt (MK,SO) V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Meat Free Monday

**Main Meals**  
Oven Baked Macaroni Cheese (G,SO,MK) V

Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V

Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)

**Vegetables**  
Boston Baked Beans & Sweetcorn V

**Dessert**  
Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V

Homemade Mousse (MK) V

Tuesday

**Main Meals**  
Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad

Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V

Pasta (G) with Beef Bolognese Sauce

**Vegetables**  
Green Beans & Kachumber Salad V

**Dessert**  
Carrot Cake (G,E,mk) with Custard (MK) V

Jelly V

Wednesday

**Main Meals**  
Honey & Paprika Roast Chicken with Roast Potatoes

15 Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V

Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V

**Vegetables**  
Roasted Seasonal Root Vegetables & Garden Peas V

**Dessert**  
Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V

Homemade Mousse (MK) V

Thursday

**Main Meals**  
Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)

Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

**Vegetables**  
Carrots & Broccoli V

**Dessert**  
Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V

Jelly V

Friday

**Main Meals**  
Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)

Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V

Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)

**Vegetables**  
Baked Beans & Garden Peas V

**Dessert**  
Chocolate & Beetroot Brownie (G,E,mk) V

Homemade Mousse (MK) V

Available Every Day

**Salad Bar**

- 12 Mediterranean Orzo Pasta & Barley Salad (G) V
- Crunchy Apple & Potato Salad (E) V
- Red Cabbage & Pineapple Slaw (E) V
- 13 Spinach, Basil & Tomato Quinoa Salad (G,MU) V
- Grated Carrot, Cucumber Sticks, Sweetcorn,
- Mixed Leaf & Tomato Salad V

**Freshly Baked Bread**

- 14 Cheesy Oat, Courgette & Thyme (G,SO,MK,e) V
- Wholemeal (G,SO,MK,e) V

**Dessert**  
Fresh Fruit Platter V

Homemade Yoghurt (MK,SO) V

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Meat Free Monday

**Main Meals**  
Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V

Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V

Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)

**Vegetables**  
Broccoli & Carrots V

**Dessert**  
Poached Pear & Apple Crumble (G,mk) with Custard (MK) V

Jelly V

Tuesday

**Main Meals**  
Chargrilled Spicy Chicken Fajitas (G) with Mexican Rice

Linda McCartney Sausages (G,SO,SU) with Mashed Potato (MK) & Caramelised Red Onion Gravy in a Yorkshire Pudding (G,E,MK) V

Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V

**Vegetables**  
Mixed Peas & Sweetcorn V

**Dessert**  
Sticky Toffee Pudding (G,E,MK) with Custard (MK) V

Homemade Mousse (MK) V

Wednesday

**Main Meals**  
Roast Turkey, Stuffing (G) & Bread Sauce (G,MK,SO,se) with Roast Potatoes

Rosemary, Feta & Pepper Quiche (G,E,MK) with Roast Potatoes V

Wholemeal Pasta (G) with Cheese Sauce (G,MK) V

**Vegetables**  
Roasted Seasonal Root Vegetables & Curly Kale V

**Dessert**  
Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) V

Jelly V

Thursday

**Main Meals**  
British Beef Cottage Pie (MK) with Gravy

15 Sweet & Spiced Potato & Chickpea Keralan Curry (MU) with Lemon Infused Rice V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

**Vegetables**  
Carrots, Cauliflower & Green Beans V

**Dessert**  
Apple & Blackcurrant Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V

Homemade Mousse (MK) V

Friday

**Main Meals**  
Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)

BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese (G,se,MK) V

Jacket Potato with Baked Beans or Grated Cheese (MK) V

**Vegetables**  
Baked Beans & Garden Peas V

**Dessert**  
Baked Banana Flapjack (G,mk) V

Jelly V

Available Every Day

**Salad Bar**

- Tomato & Basil Pasta Salad (G) V
- 12 Sweet Potato & Chickpea Pesto Salad (MK) V
- Traditional Coleslaw (E) V
- 13 Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V
- Grated Carrot, Cucumber Sticks, Sweetcorn,
- Mixed Leaf & Tomato Salad V

**Freshly Baked Bread**

- 14 Sunflower, Rosemary & Tomato (G,SO,MK,e) V
- Wholemeal (G,SO,MK,e) V

**Dessert**  
Fresh Fruit Platter V

Homemade Yoghurt (MK,SO) V

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar