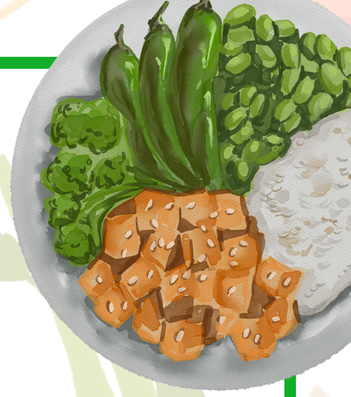
Lunch Menu

Week 3



Meat Free Monday

Main
Penne Pasta in Arrabbiata Sauce
G

Vegetarian
Fusilli in Nut-Free Pesto
G

Carbohydrate
Garlic Bread
G

Vegetables
Chef's Veg of the day

Dessert
Fruit Selection or Cheese & biscuits or fruit yoghurt
G Mk

Tuesday

Main
Thai Infused Fish Stir-Fry
F , So

Vegetarian
Vegetable Samosa Puff with Mango Chutney
G

Carbohydrate
Egg-Free Noodles*
(GF- Option Available)

Vegetables
Chef's Veg of the Day

Dessert
Fruit Selection or Cheese & biscuits or fruit yoghurt
G Mk

Wednesday

Main
Chicken Shawarma
Spiced Chicken

Vegetarian
Breaded halloumi Bites
G, E, Mk

Carbohydrate
Egg Free Noodles

Vegetables
Chef's Veg of the day

Dessert
Pudding of the Week
Fruity Flapjack
GF

Thursday

Main
Chinese Special Fried Rice

Vegetarian
Tomato & Spinach Pasta Bake

Carbohydrate
Rice/Pasta
G

Vegetables
Crispy Onions &
Chef's Veg of the day

Dessert
Fruit Selection or Cheese & biscuits or fruit yoghurt
G Mk

Friday

Main
Fish on Friday
(Breaded Fish Fillet)
F, G

Vegetarian
Veggie Nuggets
G

Carbohydrate
Chips

Vegetables
Beans &
Chef's Veg of the day

Dessert
Fruit Selection or Cheese & biscuits or fruit yoghurt
G Mk



All allergy concerns are catered for, please speak to our catering manager for more information

Allergens						
Ce Celery	F Fish	Mk Milk	N nuts	So Soya	E eggs	Mu Mustard
Cr Crustacean	G Cereals (Gluten)	Mo Molluscs	P Peanuts	Su Sulphur dioxide	L Lupin	Se Sesame Seeds