



# Weekly Lunch Menus

April 2023 - October 2023

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

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



Week Commencing: 17/04, 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Pasta Bolognese (1,5)	BBQ Chicken G.F (5)	Ham & Cheese Panini (1,5)	Roast Chicken G.F & Stuffing (1,5)	Chicken Nuggets (1,5) Fish Fingers (1,7)
<b>Choice 2</b>	Vegan Bolognese (6)	Cheese & Tomato Pizza (1,5)	Omelettes (3,5)	Quorn Fillet (1)	Vegan Dippers (1)
<b>Choice 3</b>	Cooked Pasta (cooks choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
<b>Choice 5</b>	Jacket Potato served with choice of fillings Baked Beans, Grated Cheese (5) or Tuna Mayonnaise (3,7)				
<b>Vegetable, Bread &amp; Potato Choices</b>	Petit Pan Bread (1) Seasonal Vegetables	50/50 Fluffy Rice Potato Wedges Seasonal Vegetables Garlic Bread (1)	Diced Potatoes (1) Seasonal Vegetables	Choice of Potato (5) Seasonal Vegetables	Chips Seasonal Vegetables
<b>Salad bar</b>	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
<b>Dessert Choice</b>	Chocolate Crispy Buns (5,14)	Devonshire Splits (1,3,5,14)	Chocolate Cranberry Crunch (3) Chocolate Custard (5)	Blueberry Muffins (1,3,5)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurt's (5) are also available.				

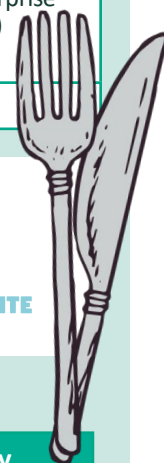
Daily fresh bread (1). Fresh Water, Juice or Milk (5). Gluten free pudding available on request.



Week Commencing 24/04, 15/05, 12/06, 03/07, 11/09, 02/10, 23/10

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Meatballs in Tomato & Basil Sauce (1)	All Day Breakfast Bacon, Sausage (1,14) Omelette (3,5)	Hot Dogs (1)	Roast Beef G.F Yorkshire Pudding (1,3,5)	Breaded Fish (1,7) Salmon Cakes (1,7)
<b>Choice 2</b>	Creamy Cheese Pasta (1,5,8)	Vegan Breakfast (1,6)	Vegan Sausage roll (1,6,14)	Cheese & Tomato Panini (1,5)	Quorn Burger (1,3,5)
<b>Choice 3</b>	Cooked Pasta (cooks choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
<b>Choice 5</b>	Jacket Potato served with choice of fillings Baked Beans /Grated Cheese (5) Tuna Mayonnaise (3,7)				
<b>Vegetable, Bread &amp; Potato Choices</b>	Pasta (1) Garlic Bread (1) Seasonal Vegetables	Potato Puffs Baked Beans Chopped Tomatoes Seasonal Vegetables Petit Pan (1)	Diced Potatoes (1) Seasonal Vegetables	Choice of Potato (5) Seasonal Vegetables	Chips Seasonal Vegetables Baked Beans
<b>Salad Bar</b>	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
<b>Dessert Choice</b>	Shrewsbury Biscuits (1,3)	Chocolate Hedgehog (1,5)	Fairy Cakes (1,3,5,14)	Chocolate Cookies (1,3)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurt's (5) are also available.				

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Week Commencing: 01/05, 22/05, 19/06, 10/07, 18/09, 09/10

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Chicken Burrito (1,5,8,10,14)	Pizza of the Day (1,5)	Chicken Curry G.F (5)	Sausages (1,14) Yorkshire Pudding (1,3,5)	Chicken Nuggets (1,5) Fish Fingers (1,7)
<b>Choice 2</b>	Vegetable Noodles (1,6)	Vegetable Fajitas (1,6,14)	Tomato & Basil Pasta (1)	Vegan Sausages (1,6,14)	Vegetable Curry
<b>Choice 3</b>	Cooked Pasta (cooks choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
<b>Choice 5</b>	Jacket Potato served with choice of fillings Baked Beans, Grated Cheese (5) or Tuna Mayonnaise (3,7)				
<b>Vegetable, Bread &amp; Potato Choices</b>	Seasonal Vegetables	Potato Wedges Seasonal Vegetables	50/50 Fluffy Rice Naan Bread (1,5) Seasonal Vegetables	Choice of Potato (5) Seasonal Vegetables	50/50 Fluffy Rice Chips Seasonal Vegetables Baked Beans
<b>Salad Bar</b>	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
<b>Dessert Choice</b>	Cranberry & Oat Biscuits (1,5)	Jaffa Cake Slice (1,3,5)	Raspberry Delight Roll With Raspberries (1,3,5,6)	Oreo Brownie (1,3,5,6)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurt's (5) are also available.				



Daily fresh bread (1). Fresh Water, Juice or Milk (5).  
Gluten free pudding available on request.

