

MENU

Week 1 Begins:
19th August, 9th & 30th
September

Monday

Lunch Menu

Cod and Salmon Fishcake
(Gluten/Fish)

V Broccoli Bake
(Milk/Sulphur Dioxide)

Mashed Potatoes (Sulphur
Dioxide) | Baked Beans | Diced
Mixed Vegetables

Fresh Fruit
Platter



Did you know you can
have two portions of
vegetables and one
portion of fruit daily?

 Locally Grown
Organic Peas

Tuesday

Lunch Menu

Turkey Sandwiches
(Gluten/Soya)

V Quorn Chilli
Wedge Bake
(Celery/Gluten/Egg)

Spaghetti Hoops (Gluten) |
Green Beans | Coleslaw
(Egg/Milk/Mustard)

Fresh Fruit Platter

Thursday

Lunch Menu

Ham Roll
(Gluten/Sesame)

V Tomato Pasta
(Gluten/Mustard/Soya)

Potato Croquettes (Gluten/Milk) |
Sweetcorn | Coleslaw (Egg/
Milk/Mustard)

Seasonal Fresh Fruit
Salad with Natural
Yoghurt (Milk)

Wednesday

Lunch Menu

– **Meat free day** –

V Vegan Coronation
Chickpea Wrap
(Gluten/Mustard)

V Macaroni Cheese
(Gluten/Milk/Mustard/Soya)

Garlic Bread (Gluten/Milk) |
Grated Carrots

Fresh Fruit Platter

Friday

Lunch Menu

Chicken Mayonnaise Wrap
(Gluten/Egg/Milk/Mustard)

V Vegan Kitchari Rice 😊
(Celery)

Crusty Bread (Gluten) |
Peas | Baby Carrots

Fresh Fruit
Platter

Allergies

If you have an allergy,
please speak to a member
of the catering staff

Options and quality

Vegan, Gluten Free &
Dairy Free options are
available daily!

We use locally grown
produce where possible!

Daily



Glass of
water



Salad
selection



Fresh Fruit



MENU

Week 2 Begins:
26th August, 16th Sept
& 7th October

Monday

Lunch Menu

Turkey Sandwiches
(Gluten/Soya)

V Vegetable Curry
(Celery/Mustard)

Rice | Mashed Potatoes (Sulphur
Dioxide) | Peas | Broccoli

Fresh Fruit Platter

Tuesday

Lunch Menu

Gluten Free Salmon
Fish Finger
(Fish)

V Sweetcorn
and Pepper Quiche
(Gluten/Egg/Milk)

Potatoes (Sulphur Dioxide) |
Baked Beans | Coleslaw
(Egg/Milk/Mustard)

Fresh Fruit Platter

Wednesday

Lunch Menu

Tuna Mayonnaise
Sandwiches
(Gluten/Egg/Fish/Milk/
Mustard/Soya)

V Baked Potato with Cheese
(Milk)

Savoury Rice (Celery) |
Carrots | Cucumber

Fresh Fruit Platter

Allergies

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Options and quality

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Thursday

Lunch Menu

V Savoury Cheese Wrap
(Gluten/Egg/Milk/Mustard)

Gluten Free Pork Meatballs
in Gravy
(Soya/Sulphur Dioxide)

Pasta Twists (Gluten/
Mustard/Soya) | Diced Mixed
Vegetables | Grated Carrots

Seasonal Fresh Fruit Salad
with Natural Yoghurt (Milk)

Friday

Lunch Menu

– **Meat free day** –

V Egg Mayonnaise Roll
(Gluten/Egg/Milk/
Mustard/Sesame)

V Cheese and Tomato Pizza
(Gluten/Milk)

Garlic Bread (Gluten/Milk) |
Sweetcorn | Green Beans

Fresh Fruit Platter

Daily



Glass of
water



Salad
selection



Fresh Fruit



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Locally Grown
Organic Peas



MENU

Week 3 Begins:
2nd & 23rd September

Monday

Lunch Menu

Turkey Roll
(Gluten/Sesame)


V Vegetable Noodles
(Gluten/Celery/Egg/Soya)

Chips | Peas | Coleslaw (Egg/
Milk/Mustard)

Fresh Fruit
Platter



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portion of fruit daily?

 Locally Grown
Organic Peas

Tuesday

Lunch Menu

– **Meat free day** –

V Cheese Sandwiches
(Gluten/Milk/Soya)

V Herbie Spaghetti
(Gluten/Mustard/Soya)

Mashed Potatoes
(Sulphur Dioxide) | Sweetcorn |
Baked Beans

Fresh Fruit Platter

Thursday

Lunch Menu

V Egg Mayonnaise Wrap
(Gluten/Egg/Milk/Mustard)

Roast Chicken with Mealie
(Gluten)

Roast Potatoes (Gluten) |
Brussels Sprouts

Seasonal Fresh Fruit
Salad with Natural
Yoghurt (Milk)

Wednesday

Lunch Menu

Ham Sandwiches
(Gluten/Soya)

V Quorn Burrito
(Gluten/Egg/Milk)

Rice | Diced Mixed Vegetables |
Sweetcorn

Fresh Fruit
Platter

Friday

Lunch Menu

Salmon Nuggets
(Gluten/Fish)

V Singapore Noodles
(Gluten/Egg/
Sesame/Soya)

Potato Wedges (Gluten) |
Baked Beans | Broccoli

Fresh Fruit
Platter

Allergies

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Options and quality

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Dairy Free options are
available daily!

We use locally grown
produce where possible!

Daily



Glass of
water



Salad
selection



Fresh Fruit

