



# LUNCH MENU

AUTUMN 2023 – WEEK 1

The **FUTURE** of  
**FOOD**



## MONDAY

### “PLANT POWER”

Macaroni Cheese Bake  
with a Lemon and Garlic  
Crumb (WHEAT)(MILK)

Roasted Vegetable Fajita with a Coriander  
Yoghurt (WHEAT)(MUSTARD)(MILK)

Roasted Peppers, Courgettes, Red Onions

Fruit Yoghurt with Granola Crumb (WHEAT)(MILK)

## EVERY DAY

Seasonal Soup of the day with  
Home Baked Bread (WHEAT)

Jacket Potatoes

Baked Beans

Pasta with Tomato and Basil Sauce

Seasonal Salads, Tomato, Cucumber, Beetroot, Mixed  
leaf

Boiled Eggs (EGG)

Coleslaw (EGG)

Grated Cheese (MILK)

Sliced Ham

Fresh Fruit

\*Free-From Alternatives\*

## TUESDAY

Classic Cottage Pie topped with Creamy Mash

Cottage-less Pie topped with Cheesy Mash (MILK)

Spring Greens

Broccoli

Jam and Coconut Cake

## WEDNESDAY

Mild & Fruity Pork Curry

Black Bean, Roasted Peppers and Mushroom Sauce  
(WHEAT) (BARLEY) (SOYA)

Wholegrain Rice

Chinese Style Stir Fry Veg

White Chocolate Cheesecake (WHEAT)(MILK)(SOYA)

## THURSDAY

Grilled Herb Crusted Chicken  
with Stuffing balls and Gravy (WHEAT)

Roasted Halloumi and Vegetables with Sweet Chilli  
Sauce (MILK)

Garlic and Herb Potatoes

Green Beans

Chocolate Chip Cookie (WHEAT)(MILK)(SOYA)

## FRIDAY

### Traditional Fish & Chips

Baked Battered Cod (WHEAT)(FISH)

Crispy Fishless Fingers (WHEAT)

Oven Roasted Chips

Peas and Carrots

Homemade Blueberry Muffins (WHEAT)(MILK)(EGGS)

\*For those with special dietary requirements or allergies who may wish to know about the food or drink ingredients used, please ask the Chef Manager\*





# LUNCH MENU

AUTUMN 2023 – WEEK 2



## MONDAY

### “PLANT POWER”

Garlic & Herb Pasta Bake Topped with Mozzarella  
(WHEAT)

Roasted Vegetable Frittata (MILK)(EGGS)

Garlic Bread (WHEAT)

Green Beans

Mixed Berry Yoghurt with Granola Crumb  
(WHEAT)(MILK)

## EVERY DAY

Seasonal Soup of the day with  
Home Baked Bread (WHEAT)

Jacket Potatoes

Baked Beans

Pasta with Tomato and Basil Sauce

Seasonal Salads, Tomato, Cucumber, Beetroot, Mixed  
leaf

Boiled Eggs (EGG)

Coleslaw (EGG)

Grated Cheese (MILK)

Sliced Ham

Fresh Fruit

\*Free-From Alternatives\*

## TUESDAY

### Bangers and Mash

Classic Pork Sausages (WHEAT)(SULPHITES)

Gluten Free Sausage (SULPHITES)

Glamorgan Sausages (WHEAT)(MILK)(MUSTARD)

Peas and Sweetcorn

Sticky Toffee Pudding with Custard  
(WHEAT)(MILK)(EGGS)

## WEDNESDAY

### Taste of Italy

Traditional Beef Bolognaise

Roasted Pepper and Tomato Sauce or Carbonara (MILK)

Wholemeal Pasta (WHEAT)

Broccoli

Panna Cotta (MILK)

## THURSDAY

Chicken & Vegetable Pie (WHEAT)

Roasted Chimichurri Tofu (SOYA)

Baby Potatoes

Roasted Carrots, Sautéed Cabbage

Butterscotch Mousse (MILK)

## FRIDAY

Baked Fish Fingers (WHEAT)(FISH)

Cheese and Onion Rolls (WHEAT)(MILK)

Peas and Carrots

Oven baked Chips

Homemade Chocolate Muffins (WHEAT)(MILK)(SOYA)

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# LUNCH MENU

AUTUMN 2023 – WEEK 3

The **FUTURE** of  
**FOOD**

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## MONDAY

Vegetable & Lentil Ragu (WHEAT)

Mushroom and Herb Sauce (MILK)

Garlic Bread (WHEAT)

Wholemeal Pasta (WHEAT)

Sweetcorn & Carrots

Mixed Berry Yoghurt with Granola Crumb  
(WHEAT)(MILK)

## EVERY DAY

Seasonal Soup of the day with  
Home Baked Bread (WHEAT)

Jacket Potatoes

Baked Beans

Pasta with Tomato and Basil Sauce

Seasonal Salads, Tomato, Cucumber, Beetroot, Mixed  
leaf

Boiled Eggs (EGG)

Coleslaw (EGG)

Grated Cheese (MILK)

Sliced Ham

Fresh Fruit

\*Free-From Alternatives\*

## TUESDAY

### Taste of Asia

Crispy Chicken with Katsu Curry Sauce (WHEAT)(SOYA)

Roasted Cauliflower & Tofu Steak  
Katsu Curry Sauce (SOYA)

Chop Suey Noodles (WHEAT)  
Rainbow Slaw

Banana and Date Cake (WHEAT)(EGGS)

## WEDNESDAY

High March Jumbo Sausage Wellington  
(WHEAT)(SULPHITES)(EGG)

Vegetable Burger with Soft Bun (WHEAT)(SOYA)

Smoked Paprika Wedges  
Green Beans and Carrots

Apple Crumble with Custard (WHEAT)(MILK)

## THURSDAY

Char-Grilled Chicken Pesto (MILK)

Pesto Quorn (WHEAT)(MILK)(EGGS)

Diced Potatoes  
Broccoli

Strawberry and Cream Jelly Pot (MILK)

## FRIDAY

### Pizza Day

Pepperoni Pizza (WHEAT)(MILK)  
Cheese, Tomato and Pesto Pizza (WHEAT)(MILK)

Wedges  
Peas & Sweetcorn

Shortbread Biscuit (WHEAT)

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