



Lunch Menu

Winter Menu - Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meals	Chicken Pie (H)	Steak and Vegetable Casserole (GF)	Roast Chicken (GF)(H) served with Yorkshire Pudding, Sage and Onion Stuffing <i>(Gluten Free Yorkshire pudding available on request)</i>	Chicken Parmesan (H) <i>(Gluten Free available on request)</i>	Chicken Balti (GF)(H) served with Pilau Rice and Mini Naan Bread
	Pasta Bolognese served with Garlic Bread <i>(Gluten Free available on request)</i>	Homemade Cumberland Sausage Rolls	Minced Beef and Vegetable Pie with a Suet Crust	Sausage Casserole <i>(Gluten Free available on request)</i>	Cheeseburger Served in a bun <i>(Gluten Free available on request)</i>
	Vegan Pasta Bake (V)(VG)(H)	Chick Pea Curry (V)(VG)(H)	Vegan Casserole (V)(VG)(GF)(H)	Three Bean Chilli served with Rice (V)(VG)(H)	Meat Free Vegetable Quarter Pounder (V)(VG)
Vegetables	Green Beans Sliced Carrots	Mixed Vegetables Green Beans	Baton Carrots Cabbage Cauliflower Cheese	Broccoli Sweetcorn and Peas	Baked Beans Sweetcorn Curry Sauce
Potatoes	Sauté Potatoes	Creamed Potatoes	Roasted Potatoes Creamed Potatoes	Twister Fries Creamed Potatoes	Chipped Potatoes
Light Bites	A selection of seasonal salads and sandwiches are available each day. Jacket Potato served with beans, cheese or tuna. Home-made soup available daily.				
	Salad Bar and Deli Bar	Pasta Bar <i>(GF option available)</i>	Salad Bar and Deli Bar	Salad Bar and Deli Bar	Salad Bar and Deli Bar
Sweet of the Day	Sprinkle Cake	Cornflake Tart Served with Custard	Flapjack	Chocolate Sponge served with Chocolate Sauce	Arctic Roll
Cold Sweet	A choice of fresh fruit, yoghurts or flavoured jelly are available each day.				

H = Halal, V = Vegetarian, VG = Vegan, GF = Gluten Free