

LUNCH MENU

The FUTURE of
FOOD

WEEK COMMENCING: WEEK 2

MONDAY

Plant power

5 bean enchiladas (v) (gluten, milk)

Steamed Rice (v)

Buttery sweetcorn (v)

Roasted thyme carrots (v)

Warm cocoa and banana brownie (v)
(egg, gluten, soya)

TUESDAY

Classic beef rustic lasagne (gluten, milk, celery)

Vegetable rustic lasagne (v) (gluten, milk, celery)

Garlic Bread (v) (gluten)

Steamed veg medley (v)

Spiced carrot cake (v)
(egg, gluten, milk)

WEDNESDAY

Rosemary roasted chicken, Yorkshire pudding & gravy (egg, milk, wheat)

Rosemary roasted Quorn bites (v)
(egg, gluten)

Zero waste roast potatoes (v) steamed broccoli
(v) sweetcorn (v)

Lemon & sultana shortbread
(gluten)

THURSDAY

Pork sausages with roasted onions gravy & mash (gluten, sulphites)

Glamorgan sausages with roasted onion, gravy & mash (v) (milk, mustard, gluten)

Carrots and Peas (v)

Berry crumble with custard
(gluten, milk)

FRIDAY

Fish Friday's

Mediterranean vegetable & tuna pasta bake
(gluten, milk,)

Mediterranean vegetable and bean
pasta bake (gluten, milk)

Steamed Broccoli (v)

Sprinkle traybake cake (gluten, milk, eggs)

EVERYDAY

Seasonal soup of the day with
Home baked bread

Seasonal salads, tomato, cucumber,
mixed leaf

Daily super composite salads

Coleslaw (egg)

Grated cheese (milk)

Yoghurt pot with seasonal fruit compote (milk)

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE