

LUNCH MENU

WEEK COMMENCING:

WEDNESDAY

Rosemary roasted chicken & served with Yorkshire pudding & gravy (1)

Lentil & bean Pie with gravy

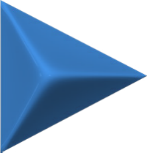
(v) (1)

Seafood Paella (1,2,9)

Roasted potatoes & Roasted Root Vegetables

Sunflower Seed Blondie

(1,3,11)



MONDAY

PLANT POWER

Lentil & vegetable chilli with braised rice

Vegetable & mixed bean burrito (vg) (3,6)

Soy & vegetable chop suey noodles stir fry (vg)(3)

Sweetcorn & Broccoli

TUESDAY

Beef tikka dhansak (1,14)

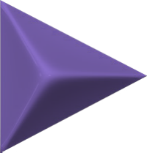
Chickpea & vegetable tikka masala (v) (1,14)

Tuna, tomato & spinach pasta bake

(1,2,3)

Wholegrain rice, roasted cauliflower,

naan bread (1,3) & raita (1)



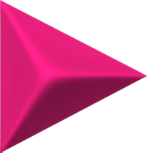
FRIDAY

Battered fish of the day with lemon & tartare sauce (2,3)

Vegetable hot dog with a red onion salsa (v) (3)

Oven baked chips, steamed peas or baked beans

Apple & berry crumble with custard (1, 3)



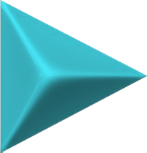
THURSDAY

Pork Sausage, mashed potato served with red on onion gravy

Glamorgan sausages, mashed potato served with red on onion gravy (v)

Thai salmon fillet with noodles (2, 11)

Sautéed savoury cabbage, Steamed sweetcorn



EVERYDAY

Seasonal Soup of the day with

Home baked bread

Seasonal salads, Tomato, Cucumber, Mixed leaf, Coleslaw (11) & Grated cheese (1)

Yoghurt pot with seasonal fruit compote (1)

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***