

Let's see what's for lunch...

Allergen Information

Please note that all meat dishes are available as both halal and non halal, the allergens remain the same for both options.

Meat Free Monday	Main Meals Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F,SU) or Grated Cheese (MK)	Vegetables Carrots & Garden Peas V Dessert Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Slow Cooked Beef Masala Curry (SO,MK,MU) with Turmeric Infused Rice Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Green Beans & Sweetcorn V Dessert Jam Sponge (G,E,mk,SU) with Custard (MK) V Jelly V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Savoy Cabbage V Dessert Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
	Main Meals Chicken Sausages (G,E,SO,MK,SU) with Mashed Potato (MK), Sage & Red Onion Gravy in a Yorkshire Pudding (G,E,MK) Butterbean & Mushroom Stroganoff with Pearl Barley Rice (MK) V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables BBQ Smoky Beans & Carrots V Dessert Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V Jelly V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G) with Mexican Rice V Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Honey & Paprika Roast Chicken with Roast Potatoes Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
Friday	Main Meals Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU) Cheddar & Onion Swirl (G,MK) with Chips V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Baked Beans & Garden Peas V Dessert Vanilla Shortbread Biscuit (G,mk) V Homemade Mousse (MK) V
	Main Meals Mediterranean Orzo Pasta & Barley Salad (G) V Crunchy Apple & Potato Salad (E) V Red Cabbage & Pineapple Slaw (E) V Spinach, Basil & Tomato Quinoa Salad (G,MU) V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	Freshly Baked Bread Pumpkin & Carrot (G,SO,MK) V Wholemeal (G,SO,MK) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	Main Meals Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F,SU) or Grated Cheese (MK)	Vegetables Broccoli & Carrots V Dessert Poached Pear & Apple Crumble (G,mk) with Custard (MK) V Jelly V
	Main Meals Chargrilled Spicy Chicken Fajitas (G) with Mexican Rice Linda McCartney Sausages (G,SO,SU) with Mashed Potato (MK) & Caramelised Red Onion Gravy in a Yorkshire Pudding (G,E,MK) V Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Mixed Peas & Sweetcorn V Dessert Sticky Toffee Pudding (G,E,MK) with Custard (MK) V Homemade Mousse (MK) V
Tuesday	Main Meals Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Beef Bolognese Sauce	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
Wednesday	Main Meals Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Chargrilled Spicy Fajitas (G) with Mexican Rice V Pasta (G) with Beef Bolognese Sauce	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
	Main Meals Honey & Paprika Roast Chicken with Roast Potatoes Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	Vegetables Roasted Seasonal Root Vegetables & Garden Peas V Dessert Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V Homemade Mousse (MK) V
Thursday	Main Meals Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) Mild Chilli Taco (G,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots & Broccoli V Dessert Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Jelly V
	Main Meals Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU) Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	Vegetables Baked Beans & Garden Peas V Dessert Chocolate & Beetroot Brownie (G,E,mk) V Homemade Mousse (MK) V
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Meat Free Monday	Main Meals Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F,SU) or Grated Cheese (MK)	Vegetables Broccoli & Carrots V Dessert Poached Pear & Apple Crumble (G,mk) with Custard (MK) V Jelly V
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Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar

BM2 HalalNon V - Suitable for vegetarians P - Plant based items.
MAY CONTAINS ARE SPECIFIED BY lower case letters.

Allergen Key: Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

pabulum
HONESTLY GOOD FOOD