

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 Mild Chilli Lamb Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V Pasta (G) with with Tomato & Basil Sauce & Grated Cheese (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 Tomato Bolognese Sauce V	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 Lamb Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F,SU) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Creamy Masala Chicken Curry (SO,MK,MU) with Turmeric Infused Rice Chargrilled Spicy Fajitas (G) with Mexican Rice V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
Thursday	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
	Main Meals Traditional Lamb 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
Friday	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
	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
Available Every Day	Salad Bar Mexican Mixed Bean & Pasta Salad (G) V Traditional Potato Salad (E) V Asian Noodle Coleslaw (G,SO,E) V Sweet Chilli Watermelon & Mint Salad 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
	Salad Bar 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 Cheesy Oat, Courgette & Thyme (G,SO,MK) V Wholemeal (G,SO,MK) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	Main Meals Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F,SU) or Grated Cheese (MK)	Vegetables Boston Baked Beans & Sweetcorn V Dessert Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V Homemade Mousse (MK) V
	Main Meals Creamy Masala Chicken Curry (SO,MK,MU) with Turmeric Infused Rice Chargrilled Spicy Fajitas (G) with Mexican Rice V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Green Beans & Kachumber Salad V Dessert Carrot Cake (G,E,mk) with Custard (MK) V Jelly V
Tuesday	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
	Main Meals Traditional Lamb 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 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
	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
Thursday	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
	Salad Bar 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 Cheesy Oat, Courgette & Thyme (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 Roast Turkey, Stuffing (G) & Bread Sauce (G,MK,SO) with Roast Potatoes Rosemary, Feta & Pepper Quiche (G,E,MK) with Roast Potatoes V Wholemeal Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Roasted Seasonal Root Vegetables & Curly Kale V Dessert Warm Waffle (G,E,SO,MK) with Chocolate Custard (MK) V Jelly V
	Main Meals Classic Homemade Lamb Burger (G,E,SO,se) with Hand Cut Potato Wedges Sweet & Spiced Potato & Chickpea Keralan Curry (MU) with Lemon Infused Rice V Jacket Potato with Baked Beans or Grated Cheese (MK) V	Vegetables Carrots, Cauliflower & Green Beans V Dessert Apple & Blackcurrant Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V Homemade Mousse (MK) V
Wednesday	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
	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
Thursday	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
	Salad Bar 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 Cheesy Oat, Courgette & Thyme (G,SO,MK) V Wholemeal (G,SO,MK) V Dessert Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

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

BM3 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