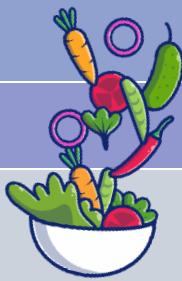


Autumn/Winter Lunch Menu 2025/26



Week 1	Lunch	Dessert
Monday	<p><u>Cauliflower & Macaroni Cheese Bake with Seasonal Veg</u> Cauliflower, macaroni, GLUTEN/WHEAT, cheese: MILK/DAIRY, peas, carrots, parsley</p>	<p><u>Fruit Salad pot</u> Orange, peach and pineapple</p>
Tuesday	<p><u>British Roast Chicken, Roast Potatoes with Gravy & Veg</u> Chicken, paprika, mixed herbs, potatoes, garlic, onion, peas, carrots, broccoli, gravy: WHEAT/GLUTEN</p> <p>(Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG</p>	<p><u>Cherry & Courgette Fruit Loaf</u> Milk, butter: MILK/ DAIRY, Flour: WHEAT/GLUTEN, cherry, courgette, EGG (no sugar)</p>
Wednesday	<p><u>Super Shepherd's Pie</u> <u>Served with leafy Salad</u> Lamb mince, onion, tomatoes, garlic, mixed herbs, sweetcorn, Lettuce, carrots, peas, potato, MILK/DAIRY, gravy: WHEAT/GLUTEN, SOYA</p> <p>(Vegetarian Option)</p>	<p><u>Strawberry Compote Yoghurt</u> Strawberry, MILK/ DAIRY</p>
Thursday	<p><u>Caribbean Chicken Curry with Herby Golden Vegetable Rice</u> Chicken, thyme, tomatoes, peas, carrots rice, turmeric, onion, garlic</p> <p>(Vegetarian Option)</p>	<p><u>Melon Slices</u> Melons</p>
Friday	<p><u>Breaded Cod Fish with Straight cut chips & Peas</u> Cod fish, potatoes, peas, Bread: WHEAT/GLUTEN</p> <p>(Vegetarian Option)</p> <p>Breaded veggie fingers: WHEAT/GLUTEN</p>	<p><u>Natural Greek Yoghurt</u> Natural Greek style yoghurt- DAIRY/MILK</p>

Week 2	Lunch	Dessert
Monday	<p><u>Chicken Sausage, Sweet Potato Veggie Bake</u> Chicken sausage, paprika, mixed herbs, sweet potatoes, onion, peas, carrots, broccoli (Vegetarian Option)</p>	<p><u>Fruit Salad pot</u> Orange, pear and pineapple</p>
Tuesday	<p><u>Indian Vegetable Curry with Saffron Rice</u> Cauliflower, carrots, peas, bell peppers, coriander, turmeric, potato, tomato, rice: MAIZE</p>	<p><u>Apple & Cinnamon Swirl</u> MILK/ DAIRY/EGG, Flour: WHEAT/GLUTEN, cinnamon, apple (no sugar)</p>
Wednesday	<p><u>British Roast Turkey, Roast Potatoes with Gravy & Veg</u> Turkey, paprika, mixed herbs, potatoes, gravy: WHEAT/GLUTEN (Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG</p>	<p><u>Strawberry Fruit Mousse</u> Strawberry, MILK/ DAIRY</p>
Thursday	<p><u>Italian Beef Lasagna & Carrots</u> Mince beef, tomatoes, mixed herbs, carrots, pasta: WHEAT/GLUTEN cheese: MILK/DIARY (Vegetarian Option) pasta: WHEAT/GLUTEN</p>	<p><u>Exotic Melon</u> Melons</p>
Friday	<p><u>Salmon with Vegetable Rice</u> Salmon: FISH, mixed herbs, peas, carrots rice: MAIZE, sweetcorn, lemon (Vegetarian Option) Breaded veggie fingers: WHEAT/GLUTEN</p>	<p><u>Natural Greek Yoghurt</u> Natural Greek style yoghurt- DAIRY/MILK</p>



Week 3	Lunch	Dessert
Monday	<p>Texas BBQ Chicken with Vegetable Rice Chicken, BBQ sauce, tomato sauce, onion, black pepper, water, peas, carrots, rice</p> <p>(Vegetarian Option)</p>	<p>Fresh Orange Slices Orange</p>
Tuesday	<p>Greek Beef Meatballs Spaghetti Served with Cucumber Slices Mince beef: water, GLUTEN FREE BREADCRUMBS, rice flour, starch, paprika, coriander, black pepper, parsley, mixed herbs Spaghetti: Durum WHEAT/GLUTEN cucumber</p> <p>(Vegetarian Option)- Quorn Veggie balls WHEAT/GLUTEN & EGG</p>	<p>Mixed Berry Biscuit Wheat Flour: WHEAT/ GLUTEN, butter: MILK/DAIRY, EGG, baking powder, mixed berry (no sugar)</p>
Wednesday	<p>Cheesy Broccoli Pasta Bake Cheese: MILK/DIARY, broccoli, Penne pasta: Durum WHEAT/GLUTEN, mixed herbs</p>	<p>Watermelon Slices Watermelon</p>
Thursday	<p>Roast Lamb, Roast Potatoes with Gravy & Vegetables Lamb, potatoes, gravy: WHEAT/GLUTEN flour, potato starch, SOYA, barley, carrots, peas</p> <p>(Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG</p>	<p>Banana Fruit Mousse Banana, milk: DAIRY/MILK</p>
Friday	<p>Breaded Cod Bites with Potato Wedges and Veg Cod fish: FISH, breadcrumbs: WHEAT/GLUTEN flour, water, yeast, potato, carrots, peas</p> <p>(Vegetarian Option)</p> <p>Breaded veggie fingers: WHEAT/GLUTEN</p>	<p>Mango & Banana Smoothie Mango, banana, water</p>



