Week three

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed bean chilli served with boiled rice and garlic bread	Beef burger, Quorn southern style burgers served with mixed salad & sauces	Beef and vegetable rice bowl Served with crispy onion and vegetable spring rolls	Pork sausage, mashed potato, mixed vegetables, Yorkshire pudding and gravy	Battered cod & Chips served with Baked beans, curry sauce or gravy
Creamy Cajun Quorn and vegetable pasta bake served with garlic bread	Quorn spaghetti Bolognese served with broccoli	Quorn lasagne served with broccoli and garlic bread	Tuscan pasta bake served with mixed vegetables	Breaded fish fingers or fish cake & Chips Baked beans, curry sauce or gravy
Iced sponge cake and custard	Apple crumble and custard	Rice pudding	Berry Yoghurt Parfaits	Orange and mango fruit iced smoothie

Grab & go options

HOT DISHES
Selection of hot paninis
Smartfood's pasta pots
Theos chicken wraps
Jacket potato & toppings
Gluten free pasta

COLD DISHES
Salad boxes
Sandwiches
Baguettes

SUNDRIES
Yoghurts
Fresh fruit
Fruit pot

DESSERTS
Homemade tray bakes
Selection of pre-packed cakes
Jelly pots

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Milk, water, fresh bread & fresh fruit available daily

Menu subject to product availability

Allergens Guide- YES indicates the item is present	MC indicates that the dish may contain the item Updated October 2026	Main Lunch menu week 3

Item	Wheat	Barley	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanuts	Soya	Sesame	Celery & celeriac	Mustard	Sulphites & sulphur dioxide	Vegetarian (V)
Mixed bean chilli	MC												YES	MC		(V)
Cajun Quorn pasta	YES					MC	YES				MC		YES	MC		(V)
Beef burger	YES										YES	MC			YES	
Vegan burger	YES											MC				(V)
Quorn Bolognese	YES			YES												(V)
Beef & vegetable rice bowl	MC										YES			MC		
Vegetarian spring roll	YES										YES					(V)
Quorn lasagne	YES			YES			YES				YES			YES		(V)
Pork sausage	YES										YES				YES	
Yorkshire pudding	YES			YES			YES									(V)
Tuscan Quorn pasta bake	YES					MC	YES				MC		YES	MC		(V)

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