

SPECIAL DIETS LUNCH MENU

Week 1



w/c 31/08, 21/09, 12/10, 02/11, 23/11, 14/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Margherita Pizza A crispy pizza topped with tasty tomato sauce and gooey Plant based melted cheese.	Southern Baked Chicken Tender chicken with a crunchy golden coating and mild seasoning.	Roast Chicken/ Gammon Delicious roast chicken or gammon served with crispy potatoes and warm, tasty gravy.	Chicken & Vegetable Hotpot A cosy dish with soft chicken, vegetables, and sliced potatoes baked on top.	BBQ Chicken Juicy chicken in a sweet BBQ sauce.
MAIN 2	Tomato Pasta Bake Pasta in a rich tomato sauce, baked with melted cheese on top.	Vegetable and Bean Chilli & Rice A mild, hearty mix of beans and veggies in a tasty tomato sauce, served with fluffy rice.	Loaded Chili Nachos Crunchy nachos topped with a warm chilli and tasty toppings.	Shepherdess Pie A veggie version of a classic – tasty vegetables in gravy topped with fluffy mashed potato.	Crispy Vegetable Traybake Roasted vegetables with a crispy finish.
CARB	Half Jacket	Seasoned Wedges	Skin on Roasties	- - -	Chips
3RD OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta
VEG	Peas	Roasted Corn	Roasted Carrots	Roasted Broccoli	Baked Beans or Garden Peas
DESSERT	Choco Swirl Shortbread Crumbly biscuit with chocolate flavour.	Fresh Fruit Salad A colourful mix of fresh fruits.	Autumn Crumble Warm fruit topped with a crunchy crumble	Spiced Pumpkin Cake Soft cake with warm, sweet spices.	Roasted Pineapple Pot Sweet pineapple, warm and juicy.
	Fresh Fruit				



WHILST RIGOROUS CONTROLS ARE IN PLACE TO MANAGE THE RISK OF CROSS CONTAMINATION, SODEXO CANNOT GUARANTEE ABSENCE OF ANY SPECIFIC ALLERGEN. OUR STAFF WILL BE HAPPY TO TALK TO YOU ABOUT WHAT WE DO IN THE KITCHEN TO REDUCE RISKS OF ALLERGEN CROSS-CONTAMINATION.

DISHES MADE WITHOUT FISH, SULPHITES, GLUTEN, DAIRY, EGG, SOYA, PEANUTS, TREE NUTS, MOLLUSCS, CRUSTACEANS, SESAME, MUSTARD, LUPIN, AND CELERY CONTAINING INGREDIENTS.



SPECIAL DIETS LUNCH MENU

Week 2



w/c 07/09, 28/09, 19/10, 9/11, 30/11, 21/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Pasta Arrabiatta Pasta in a gently spiced tomato sauce full of flavour.	Cottage Pie Minced beef in gravy topped with creamy mashed potatoes.	Roast Chicken/ Gammon Delicious roast chicken or gammon served with crispy potatoes and warm, tasty gravy.	BBQ Chicken & Rice Juicy chicken in a sweet BBQ sauce with fluffy rice.	Southern Baked Chicken Tender chicken with a crunchy golden coating and mild seasoning.
MAIN 2	Rustic Farmhouse Hash A hearty mix of potatoes, and vegetables.	Sweet Potato and Chick Pea Curry & Rice A mild, creamy curry with sweet potato and chickpeas, served with rice.	Root Veg and Bean Pie A hearty pie filled with vegetables and beans, topped with mashed potato.	Loaded Punjabi Wedges Spiced potato wedges topped with Indian-style flavours.	Curried Chips, Tandoori Vegetables and Asian Slaw Chips with mild curry seasoning, spiced vegetables, and a fresh crunchy salad.
CARB	Red Onion and Potato Salad	---	Skin on Roasties	---	---
3RD OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta
VEG	Peas	Roasted Corn	Roasted Carrots	Roasted Broccoli	Baked Beans or Garden Peas
DESSERT	Vanilla Cookie Crumbly biscuit with vanilla flavour.	Fresh Fruit Salad A colourful mix of fresh fruits.	Fruit Jelly Wobbly, fruity jelly.	Ginger Cake Soft cake with warm, sweet spices.	Watermelon Lolly A refreshing frozen fruit treat.
	Fresh Fruit				



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SPECIAL DIETS LUNCH MENU

Week 3



w/c 14/09, 05/10, 26/10, 16/11, 07/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Bombay Potato and Spinach Curry Soft potatoes and spinach in a gently spiced sauce.	Southern Baked Chicken Tender chicken with a crunchy golden coating and mild seasoning.	Roast Chicken/ Gammon Delicious roast chicken or gammon served with crispy potatoes and warm, tasty gravy.	Pasta Bolognese Pasta with a rich and tasty meat and tomato sauce.	BBQ Chicken Juicy chicken in a sweet BBQ sauce.
MAIN 2	Crispy Vegetable Traybake Roasted vegetables with a crispy, golden finish.	Smoky Corn Rice Smoky slow cooked rice with roasted corn and tomato salsa.	Cajun Style Broccoli Broccoli with mild Cajun spices for a smoky flavour.	Chana Masala & Rice A mild chickpea curry served with fluffy rice.	Margherita Pizza A crispy pizza topped with tasty tomato sauce and gooey Plant based melted cheese.
CARB	Half JacketRice	Seasoned Wedges	Skin on Roasties	- - -	Oven Baked Chips
3RD OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw Lentil and Tomato Pasta
VEG	Roasted Broccoli	Lightly Spiced Beans	Carrots or Garden Peas	Green Beans	Baked Beans or Garden Peas
DESSERT	Chocolate Cookie Soft and tasty baked treats.	Fruit Jelly Wobbly, fruity jelly.	Pear Choco Crumble Warm fruit topped with a crunchy crumble	Fresh Fruit Salad A colourful mix of fresh fruits.	Vanilla Shortbread Crumbly biscuit with vanilla flavour.
	Fresh Fruit				



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