

## Summer Lunch Menu, 2024



Menu C	Main	Ingredients	Alternative Main	Ingredients (Alternative Main)	Side Dish	Pudding
<b>Meat - Free Monday</b>	<b>7-Veg Spaghetti Bolognese</b>	Passata, spaghetti, baby spinach, peppers, peas, carrots, onions, sweetcorn, cheese, gluten free gravy (T) (G) (D) (PU)	<b>Vegan Spaghetti Bolognese</b>	Passata, gluten free spaghetti, baby spinach, peppers, peas, carrots, onions, sweetcorn, vegan cheese, gluten free gravy (T) (PU)		
<b>Tuesday</b>	<b>Slow Cooked Korean Beef</b>	Beef steak, minced ginger, garlic, onion, gluten free light soy sauce, vegan beef stock, brown sugar, potatoes, vegan butter (M)	<b>Veggie Korean Curry</b>	Sweet potato, minced ginger, garlic, onion, gluten free light soy sauce, vegan beef stock, brown sugar, potatoes, vegan butter	Mashed potato	
<b>Wednesday</b>	<b>Marry Me Chicken</b>	Chicken, onion, garlic, vegetable oil, peas, sweetcorn, peppers, double cream, cheese, pasta, broccoli, and cauliflower (M) (G) (D) (PU)	<b>Marry Me Sweet Potato</b>	Sweet potato, onion, garlic, vegetable oil, peas, sweetcorn, peppers, plant-based cream, vegan cheese, gluten free pasta, broccoli, and cauliflower (PU)	Roasted broccoli and cauliflower	
<b>Thursday</b>	<b>Beef Lasagna</b>	Beef, cheese, lasagna sheets, gluten free gravy, passata, peas, sweetcorn, broccoli, aubergine, carrots, peppers, courgettes (M) (PU) (T) (G) (D)	<b>Veggie Lasagna</b>	Vegan cheese, gluten free lasagna sheets, gluten free gravy, passata, sweetcorn, broccoli, aubergine, carrots, peppers, courgettes (T)		
<b>Friday</b>	<b>Salmon &amp; Tuna Red Thai Curry</b>	Salmon, tuna, coconut milk, onion, garlic, ginger, curry powder, passata, wholegrain rice, peas, baby spinach, peppers, gluten free gravy (F) (T) (PU)	<b>Roasted Aubergine and Courgette Red Thai Curry</b>	Aubergine, courgettes, coconut milk, onion, garlic, ginger, curry powder, passata, wholegrain rice, peas, baby spinach, peppers, gluten free gravy (T) (PU)	Rice	

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains Gluten PU Contains pulses/beans/legumes S = Contains Soya SD = Contains sulphur Dioxide T = Contains Tomato MU = Contains Mustard M = Meat

All of these dishes are free from peanuts, tree nuts, sesame seeds, lupin, crustaceans and molluscs.