

Summer Lunch Menu, 2024



Menu A	Main	Ingredients	Alternative Main	Ingredients (Alternative Main)	Side Dish	Pudding
Meat - Free Monday	'Tiny Tree' Pasta	Plant based sausages, vegan gravy, fusilli pasta, broccoli, cherry tomatoes, passata, onions, garlic, carrots (T) (G)	'Tiny Tree' Pasta	Plant based sausages, vegan gravy, fusilli pasta, broccoli, cherry tomatoes, passata, onions, garlic, carrots (T) (G)	Broccoli	
Tuesday	Chicken Katsu Curry	Gluten free flour, panko breadcrumbs, vegetable oil, onion, garlic, ginger, turmeric, curry powder, coconut milk, egg, chicken, carrots, broccoli, sweetcorn, rice (G) (M) (E)	Vegan Curry with Katsu Sauce	Vegetable oil, onion, garlic, ginger, turmeric, curry powder, coconut milk, carrots, broccoli, sweetcorn, rice (G)	Wholemeal rice and Chinese greens (G)	
Wednesday	Butter Chicken Baked Taco's	Chicken, Greek yoghurt, turmeric, garam masala, cumin, mild curry powder, wholemeal pitta bread, vegetable oil, aubergine, courgettes, mushrooms, garlic, onions (G) (M) (D)	Green Lentil Baked Taco's	Green lentils, vegan Greek yoghurt, turmeric, garam masala, cumin, mild curry powder, wholemeal pitta bread, vegetable oil, aubergine, courgettes, mushrooms, garlic, onions (G)	Curried aubergine, courgettes, and mushrooms	
Thursday	Beef Chilli	Beef, wholemeal rice, kidney beans, passata, chilli powder, carrot, onion, vegetable oil, broccoli, avocado, cheese (PU) (M) (D) (G) (T)	Veggie Chilli	Sweet potato, wholemeal rice, passata, chilli powder, carrot, onion, vegetable oil, broccoli, avocado, vegan cheese (G) (T)	Guacamole	
Friday	Salmon & Tuna Creamy Carbonara	Spaghetti, crème fraiche, salmon, tuna, spinach, peas, vegetable oil, garlic, onion, carrots (F) (D) (PU) (G)	Vegan Carbonara	Spaghetti, vegan double cream, spinach, peas, vegetable oil, garlic, onion, carrots (PU) (G)	Spinach and peas	

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.