

Summer Lunch Menu, 2024



Menu B	Main	Ingredients	Alternative Main	Ingredients (Alternative Main)	Side Dish	Pudding
Meat - Free Monday	Mac n Cheese	Macaroni, cheese, sweetcorn, carrots, milk, vegan gravy. (G) (D)	Vegan Mac n Cheese	Gluten free macaroni, vegan cheese, sweetcorn, carrots, vegan gravy.	Sweetcorn and carrots	
Tuesday	Chicken Fajitas	Chicken, peppers, tomatoes, mild chilli powder, cheese, wholemeal pitta bread, onion and garlic (M) (G) (D) (T)	Veggie Fajitas	Peppers, tomatoes, mild chilli powder, vegan cheese, gluten free pitta bread, onion, and garlic (T) (G)		
Wednesday	Mexican White Bean & Chicken Chilli	Chicken, vegetable oil, onions, carrots, leek, garlic, gluten free stock, white beans, mild chilli powder, natural yoghurt, wholemeal wraps (M) (G) (PU)	Mexican White Bean Chilli	Vegetable oil, onions, carrots, leek, garlic, gluten free stock, white beans, mild chilli powder, dairy free yoghurt, wholemeal wraps (G) (PU)	Toasted tortilla (G)	
Thursday	Cheesy Chicken Pasta Bake	Chicken, pasta, cheese, onion, garlic, carrot, peppers, broccoli, spinach, sweetcorn, gluten free gravy (M) (G) (D)	Vegan Pasta Bake	Gluten free pasta, vegan cheese, onion, garlic, carrot, peppers, broccoli, spinach, sweetcorn, gluten free gravy		
Friday	Boneless Chicken Masala	Chicken, onions, garlic, turmeric, garam masala, cumin, mild curry powder, masala curry powder, Greek yoghurt, vegan gravy, wholemeal rice, red cabbage, sugar (M) (D) (G)	Vegan Masala	Onions, broccoli, peppers, garlic, turmeric, garam masala, cumin, mild curry powder, masala curry powder, dairy free yoghurt, vegan gravy, wholemeal rice, red cabbage, sugar (G)	Slow braised curried red cabbage	

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.