

SPECIAL DIETS LUNCH MENU

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Lentil and Tomato Pasta Bake	BBQ Chicken with Mashed Potatoes	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Stew with Rice	Crispy Chicken Goujons with Chips
VEGETARIAN	Squash and Pea Rice	Chickpea and Vegetable Rice	Jacket Potato with Baked Beans and Vegan Cheese	Dhansak Curry with Mixed Rice	Margherita Pizza with Chips
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Broccoli	Sweetcorn	Carrots	Green Salad and Garden Peas	Garden Peas and Baked Beans
DESSERT	Raspberry and Lime Cake	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Shortbread Biscuit
	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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Mexican Beans and Rice	Buffalo Chicken with Mashed Potatoes	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken with Rice	Crispy Chicken Goujons with Chips
VEGETARIAN	Roasted Tomato and Lentil Pasta	Autumn Vegetable Rice Bake	Lentil Tomato Sauce with Pasta	Chickpea and Sweet Potato Curry with Rice	Margherita Pizza with Chips
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Sweetcorn	Broccoli	Roasted Vegetables	Green Beans	Garden Peas and Baked Beans
DESSERT	Vanilla Cookie	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Ginger Cake
	Fresh Fruit				



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SPECIAL DIETS LUNCH MENU

Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Tomato and Lentil Pasta Bake	Lemon and Garlic Chicken with Half Jacket Potato	Roast Chicken with Roast Potatoes and Gravy	Cottage Pie	Crispy Chicken Goujons with Chips
VEGETARIAN	Vegetable Traybake with Rice	Chickpea and Vegetable Rice	Mexican Bean Chilli with Roast Potatoes	Chickpea and Vegetable Stew	Hummus and Roasted Tomatoes and Crudites with Chips
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Roasted Cauliflower	Green Beans	Cabbage and Garden Peas	Sweetcorn	Garden Peas and Baked Beans
DESSERT	Iced Summer Cake	Fruit Jelly	Fresh Fruit Salad	Fresh Fruit Salad	Chocolate Shortbread
	Fresh Fruit				



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