

# Lunchtime Menu 2025 – Week A

Week A	Monday Week	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>  GF Gluten free LF Lactose free	Cajun Chicken served with Pasta & Side Salad <b>GF, LF</b> Gluten, Wheat may contain Mustard & Soya	Indian Chicken Curry & Rice <b>GF, LF</b>	Chicken Chow Mein served with Noodles <b>GF,LF</b>	Mexican Chilli con Carne Taco served with Salad & Potato Wedges <b>GF,LF</b>	Singapore Fried Rice <b>GF, LF</b> Egg, Mustard & Soya
<b>Vegetarian</b>  <b>Grab &amp; Go.</b>	Quorn Southern Style Burger served in Bun & Side Salad Wheat, Milk, Egg & Gluten  Sausage Rolls <b>LF</b> , Wheat, Gluten, Sulphite, Egg & Milk  Jacket Potatoes with Various Fillings. <b>GF, LF</b> Fish, Egg & Milk	Cheese Whirls served with a side of Herby Potatoes & Green Beans Wheat, Gluten, Egg & Milk  Cheese & Onion Slice Wheat, Gluten, Egg & Milk  Jacket Potatoes with Various Fillings <b>GF,LF</b> Fish, Egg & Milk  Loaded Jacket Skins <b>GF, LF</b> Fish, Egg & Milk	Vegetarian Chilli con Carne served with Rice <b>GF,LF</b>  Vegetarian Pizzas Cheese & Tomato plus Pizzas with other topping <b>GF LF</b> Wheat, Gluten, Egg & Milk  Jacket Potatoes with Various Fillings <b>GF,LF</b> Fish, Egg & Milk	Cheese & Onion Pie served with Mashed Potatoes & Peas <b>GF</b> Wheat, Gluten, Egg & Milk  Steak Slice Wheat, Gluten, Egg & Milk  Jacket Potatoes with Various Fillings <b>GF,LF</b> Fish, Egg & Milk  Loaded Jacket Skins Fish, Egg & Milk	Vegan Fishless Fingers served with Chips & Mushy Peas <b>LF</b> Wheat, Gluten & Milk  Cheese & Onion Cheese & Tomato Panini with Salad Wheat, Gluten, Egg & Milk  Jacket Potatoes with Various Fillings <b>GF</b> Fish, Egg & Milk
<b>Dessert</b>	Apple Crumble <b>GF, LF</b> served with Custard <b>GF</b> , Gluten, Wheat & Milk	Orange or Lemon Drizzle Cake <b>GF,LF</b> Gluten, Egg, Wheat & Milk	Jam Sponge <b>LF</b> served with Custard <b>GF, Gluten</b> , Egg, Wheat & Milk	Cookies <b>GF, LF</b> Gluten, Egg, Wheat , Oats Soya & Milk	Cupcakes Vanilla or Chocolate <b>GF</b> Gluten, Egg, Wheat & Milk Shortbread Biscuits <b>Gluten</b> , , Wheat & Milk <b>LG</b>