



# Autumn Menu 2023

## Allergens



**WEEK 3**

**MONDAY**



Indian Fusion

**TUESDAY**



Pizza 'n' Pasta

**WEDNESDAY**



British Classic

**THURSDAY**



The Hot Wok

**FRIDAY**



Thank Goodness it's  
Fryday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Event	Chicken Korma (milk) Steamed Rice Chota Naan(gluten,wheat) Peas/Salad	Ciabatta Pizza (milk, barley,gluten,rye,wheat, may contain nuts and sesame) Homemade Coleslaw (egg) Fresh Crispy salad	Roast Pork Loin Sage and Onion Stuffing (Gluten) Gravy(gluten, wheat soya) Fresh Steamed Veggies Crispy Roasties	Singapore Chicken Noodles (Soya,sesame,wheat,gluten,egg) Prawn Crackers (Crustacean, Fish,soya,whgeat,gluten)	Battered Haddock(gluten,fish,wheat) or Chicken Bites(Gluten,wheat) Chips Peas
Something Extra		Garlic Bread (wheat,gluten,milk,soya)		Vegetable Spring Roll(wheat,celery,milk,barley, egg,soya,gluten) Sweet Chilli Sauce	Mushy Peas Gravy (gluten,wheat,soya0 Curry Sauce (wheat,soya,gluten)
Veggie Power	Homemade Veggie Quiche (Gluten,egg,milk) Oven Baked Wedges Peas/Fresh Crispy Salad	Loaded Mac N Cheese (gluten,wheat,milk,egg) Garlic Bread Peas/Fresh Crispy Salad	Quorn Roast(wheat,gluten) Sage and Onion Stuffing(gluten) Vegetarian Gravy (barley,gluten,soya,wheat) Fresh Steamed Veggies Crispy Roasties	Singapore Quorn Noodles (egg,barley, soya,sesame,wheat,gluten) Prawn crackers (Crustacean, Fish,soya,whgeat,gluten)	Cheese and Tomato Pizza(gluten,wheat,milk) Gluten Free Available to Order
Something Sweet			Lemon Marshmallow Pie (egg,gluten,wheat)		