



# Autumn Menu 2023

## Allergens



**WEEK 1**

**MONDAY**



Indian Fusion

**TUESDAY**



Mexican Mix Up

**WEDNESDAY**



British Classic

**THURSDAY**



The Hot Wok

**FRIDAY**



Thank Goodness it's  
Fryday

The Main Event	Chicken Balti (Mustard) Steamed Rice Chota Naan (Gluten, wheat) Peas/Salad	Mexican Style Wrap (Milk, gluten, wheat) Coleslaw(egg) Fresh Crispy salad	Seasoned Chicken Breast Sage and Onion Stuffing (Gluten) Gravy(gluten, wheat soya) Fresh Steamed Veggies Crispy Roasties	Chinese Bao Buns with Cantonese BBQ pulled pork(soya,gluten.wheat) Special Fried Rice(sesame,soya)	Battered Haddock(gluten,fish,wheat) or Chicken Bites(Gluten,wheat) Chips Peas
Something Extra		Bubble Coated Salmon (fish) Garlic and Herb Wedges Peas		Chinese Special Garlic and Ginger Chicken (soya,sesame) Fluffy White Rice Prawn Crackers(crustacean)	Mushy Peas Gravy (gluten,wheat,soya) Curry Sauce (wheat,soya,gluten)
Veggie Power	Vegetable and Lentil Balti(mustard) Steamed Rice Chota Naan(gluten,wheat) Peas/Salad	Ultimate Veggie Buritto (milk,gluten,wheat) Coleslaw Fresh Crispy Salad	Quorn Roast(wheat,gluten) Sage and Onion Stuffing(gluten) Vegetarian Gravy (barley,gluten,soya,wheat) Fresh Steamed Veggies Crispy Roasties	Vegetable Spring Roll(wheat,celery,milk,barley, egg,soya,gluten) Sweet Chilli Sauce	Cheese and Tomato Pizza(gluten,wheat,milk) Gluten Free Available to Order
Something Sweet			Jam Roly Poly with Custard (gluten,wheat,milk)		