

LUNCH MENU

v = vegetarian gf = gluten free

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Mon 9 th Sept	Pasta Italienne (gf pasta available on request)	Southern Fried Chicken	Pork Sausages (gf)/ Veg sausage (v)	Spaghetti Bolognaise	Fish Fingers/Salmon Fish Fingers
Mon 23 rd Sept	*	*	Cheese & Onion Quiche (v)	Cheesy Pasta (v)	*
Mon 7 th Oct	Jacket Potato with a choice of filling (gf)	Jacket Potato with a choice of filling (gf)	*	(gf pasta available on request)	Jacket Potato with a choice of filling (gf)
Mon 21 st Oct	*	*	Jacket Potato with a choice of filling (gf)	*	*
	Cheese or Ham Sandwich	Cheese or Ham Sandwich	Cheese or Tuna Sandwich	Jacket Potato with a choice of filling (gf)	Cheese Sandwich
	~	~	~	*	~
	Seasonal vegetables	Wedges	Creamed potatoes	Cheese or Tuna Sandwich	Chips
	~	Beans or Seasonal veg	~	~	Beans
	Shortbread Finger	~	Seasonal vegetables & gravy	~	~
	*	Chocolate Penny Biscuit	~	Seasonal vegetables	~
	Organic Yoghurt	*	Pineapple Sponge Cake	~	Chocolate Crunch Finger
	*	Organic Yoghurt	*	Ice Cream & Summer Fruit	*
	Fresh Fruit Platter	*	Organic Yoghurt	Coulis	Organic Yoghurt
		Fresh Fruit Platter	*	*	*
			Fresh Fruit Platter	Organic Yoghurt	Fresh Fruit Platter
				*	
				Fresh Fruit Platter	
Week 2					
Mon 2 nd Sept	Ravioli	Homemade Pizza (v)	Roast Chicken (gf)/Quorn	Hunters Chicken	Fish Star
Mon 16 th Sept	Cheesy Pasta (v)	(gf base on request)	Chicken	*	Veggie Sausage Roll (v)
Mon 30 th Sept	(gf pasta available on request)	*	Cheese & Onion Quiche (v)	*	*
Mon 14 th Oct	*	Jacket Potato with a choice of filling (gf)	*	Jacket Potato with a choice of filling (gf)	Jacket Potato with a choice of filling (gf)
	Jacket Potato with a choice of filling (gf)	*	Jacket Potato with a choice of filling (gf)	*	*
	*	Cheese or Ham Sandwich	*	Cheese or Tuna Sandwich	Cheese Sandwich
	~	~	~	~	~
	Cheese or Ham Sandwich	Wedges	Cheese or Tuna Sandwich	Rice	Chips
	~	Beans	~	~	Beans
	Seasonal vegetables	~	Roast Potatoes	~	~
	~	Summer Fruit Flapjack	Carrots, peas & gravy	~	~
	Shortbread Finger	*	~	Melting Moment	Chocolate Crunch Finger
	*	Organic Yoghurt	Vanilla Sponge Cake	*	*
	Organic Yoghurt	*	*	Organic Yoghurt	Organic Yoghurt
	*	Fresh Fruit Platter	Organic Yoghurt	*	*
	Fresh Fruit Platter		*	Fresh Fruit Platter	Fresh Fruit Platter

Fresh meat is supplied by local butchers Quality Cuts of SANDBACH, Litters of Northwich and Barrows of Bollington. All butchers meat is farm assured, we use free range pork and organic beef products. 75% of dishes are homemade – these dishes are freshly prepared and cooked on site by the catering team. Potatoes, vegetables and salad items are sourced locally when in season. Bread, milk and cheese are sourced from within the Northwest.

We use Organic milk, Organic Yoghurts and Organic Mornflake Oats.