

LUNCH MENU

v = vegetarian gf = gluten free

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Mon 7 th Oct	Pasta Parma Rosa/ Cheesy Pasta (v)	Chicken Korma	Pork Sausage (gf)/ Veg sausage (v)	Spaghetti Bolognaise	Fish Fingers/ Veg sausage roll (v)
Mon 21 st Oct	(gf pasta available on request)	*	Cheese & Onion Quiche (v)	(gf pasta available on request)	*
Mon 11 th Nov	*	Jacket Potato with cheese	*	*	Jacket Potato with cheese or beans (gf)
Mon 25 th Nov	Jacket Potato with cheese (gf)	(gf)	Jacket Potato with cheese	Jacket Potato with cheese	*
Mon 9 th Dec	*	*	(gf)	(gf)	Cheese Sandwich
	Cheese or Ham Sandwich	Cheese or Ham Sandwich	Cheese or Tuna Sandwich	Cheese or Tuna Sandwich	~
	~	Rice	~	~	Chips
	Seasonal vegetables	Seasonal vegetables	Mashed potatoes	Seasonal vegetables	Beans
	~	~	Seasonal vegetables & gravy	~	~
	Shortbread Finger	Ice cream & Summer Fruit	~	Flapjack	Chocolate Crunch Finger
	*	Coulis	Sponge Cake	*	*
	Organic Yoghurt	Organic Yoghurt	Organic Yoghurt	Organic Yoghurt	Organic Yoghurt
	*	*	*	*	*
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Week 2					
Mon 14 th Oct	Pasta Italienne/ Cheesy Pasta (v)	Homemade Cheese & Tomato Pizza (v)	Pork Sausage (gf)/ Veg sausage (v)	Spaghetti Bolognaise	Fish Stars/ Battered fish
Mon 4 th Nov	(gf pasta available on request)	(gf base on request)	Cheese & Onion Quiche (v)	(gf pasta available on request)	*
Mon 18 th Nov	*	*	*	*	Jacket Potato with cheese or beans (gf)
Mon 2 nd Dec	Jacket Potato with cheese (gf)	Jacket Potato with cheese	Jacket Potato with cheese	Jacket Potato with cheese	*
Mon 16 th Dec	*	(gf)	(gf)	(gf)	Cheese Sandwich
	Cheese or Ham Sandwich	Cheese or Ham Sandwich	Cheese or Tuna Sandwich	Cheese or Tuna Sandwich	~
	~	~	~	~	Chips
	Seasonal vegetables	Sautee potatoes	Mashed potatoes	Rice	Beans
	~	Seasonal vegetables	Seasonal vegetables & gravy	Seasonal vegetables	~
	Shortbread Finger	Beans	~	~	Chocolate Crunch Finger
	*	~	Dorset Apple Cake	Melting Moment	*
	Organic Yoghurt	Chocolate Penny Biscuit	*	*	Organic Yoghurt
	*	*	Organic Yoghurt	Organic Yoghurt	*
	Fresh Fruit Platter	Organic Yoghurt	*	*	Fresh Fruit Platter
		*	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.