

## Secondary Menu

September 2022 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

| <b>Week 1</b><br>05.09.22/26.09.22<br>17.10.22/14.11.22<br>05.12.22/09.01.23<br>30.01.23                  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|---|---|---|---|--|--|
| <b>Traditional Choice</b><br><br>All main courses are served with either vegetables or salad and potatoes | Chicken, Leek and Bacon Pie (HM)  | Italian Style Lasagne (HM)  | Roast Chicken(DF)(GF) & Stuffing  | Posh 'Dog' Hot dog served in a bun with Bacon Bits, Sweet Onions and Ketchup                         | Crisp MSC Fish Fingers   |
|   | Or<br><br>Homemade Mild spiced Vegetable Samosa (HM)(DF)                                      | Or<br><br>Veggie Burger with Sliced Cheese (HM)(V)  | Or<br><br>Vegan Quorn Sausage (Ve)  | Or<br><br>Homemade Flaky Vegetable Pasty (HM)(V)   | Or<br><br>Quorn Vegan Fish-less Finger (HM)(Ve)  |
| <b>'Street Food'</b><br>JACKET POTATOES AVAILABLE DAILY WITH VARIETY OF FILLINGS                          | Home-Baked Sausage Roll<br><br><i>Pasta King</i> with various sauces - please see menu boards | 100% Beef Burger with or without cheese<br><br><i>Pasta King</i> with various sauces - please see menu boards | 'Jacket Potato Bar'<br><br>Various toppings available<br><br><i>Pasta King</i> with various sauces - please see menu boards | Meatball and Cheese Panini (V)<br><br><i>Pasta King</i> with various sauces - please see menu boards | Sausage and Chip Box<br><br><i>Pasta King</i> with various sauces - please see menu boards |
| <b>Dessert of the day</b>   | Chocolate Brownie   | Eton Mess   | Pear and Chocolate Sponge   | Toffee Sponge  | Assorted Tray Bakes  |

| <b>Week 2</b><br>12.09.22/03.10.22<br>31.01.22/21.11.22<br>12.12.22/16.01.23<br>06.02.23                  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>                                      | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|--|---|---|--|
| <b>Traditional Choice</b><br><br>All main courses are served with either vegetables or salad and potatoes | Indian style Kofta (Meatball) Curry (HM)(DF)                           | Honey and Soy Chicken Stir Fry (DF)(GF)                    | Roast leg of Pork (GF)(DF) & Apple Sauce              | Shepherd's Pie (GF)(HM)(DF)                             | Golden Breaded Fish Fillet   |
|   | Or<br><br>Cheese & Tomato Pizza (HM)(V)<br>Gluten free pizza Available | Or<br><br>Cauliflower, Coconut and Chick-Pea Curry (HM)(V) | Or<br><br>Quorn Wellington (HM)(V)                    | Or<br><br>Homemade Feta and Spring Onion Quiche (HM)(V) | Or<br><br>Quorn sausage toad in the hole (HM)(V)<br><br>Gluten free fish fingers available |
| <b>'Street Food'</b><br>JACKET POTATOES AVAILABLE DAILY WITH VARIETY OF FILLINGS                          | Freshly Baked Beef and Vegetable Pasty                                 | Southern Fried Chicken Fillet Burger                       | 'Jacket Potato Bar'<br><br>Various toppings available | BBQ Chicken Panini                                      | Chicken and chip box   |

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|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
|                           | <i>Pasta King</i> with various sauces - please see menu boards | <i>Pasta King</i> with various sauces - please see menu boards | <i>Pasta King</i> with various sauces - please see menu boards | <i>Pasta King</i> with various sauces - please see menu boards | <i>Pasta King</i> with various sauces - please see menu boards |
| <b>Dessert of the day</b> | Fruit Topped Mousse  | Iced Ring Doughnut   | Ginger Parkin  | Pineapple Upside Down Sponge                                   | Assorted Tray Bakes  |

| <b>Week 3</b><br>19.09.22/10.10.22<br>07.11.22/28.11.22<br>02.01.23/23.01.23                              | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|--|---|---|--|
| <b>Traditional Choice</b><br><br>All main courses are served with either vegetables or salad and potatoes | Sweet and Sour Pork With Noodles<br><br>Or<br><br>Crunchy Topped Macaroni Cheese (V)(HM)         | Chicken Tikka Masala with Basmati Rice (HM)(DF)(GF)<br><br>Or<br><br>Feta and Potato Frittata (HM)(V)      | Farm Assured Roast Beef (GF)(DF)<br>Yorkshire Pudding<br><br>Or<br><br>Quorn Vegan Fillet (Ve)(DF)                          | Ham and Cheese Pizza Wheel(HM)<br><br>Or<br><br>Vegetable Croquettes (HM)(Ve)               | Breaded Fishcake<br><br>Or<br><br><i>Vegetable Nuggets</i> (V)(DF)<br><br>Gluten free fish fingers available |
| <b>'Street Food'</b><br>JACKET POTATOES AVILABLE DAILY WITH VARIETY OF FILLINGS                           | Pizza & Wedges Box (HM)(V)<br><br><i>Pasta King</i> with various sauces - please see menu boards | Southern Fried Chicken Fillet Burger<br><br><i>Pasta King</i> with various sauces - please see menu boards | 'Jacket Potato Bar'<br><br>Various toppings available<br><br><i>Pasta King</i> with various sauces - please see menu boards | Ham and Cheese Panini<br><br><i>Pasta King</i> with various sauces - please see menu boards | Sausage and Chip Box<br><br><i>Pasta King</i> with various sauces - please see menu boards                   |
| <b>Dessert of the day</b>   | Homemade Cookies   | White Chocolate Blondie  | Carrot Cake   | Apple Crumble   | Assorted Tray Bakes  |