Winter Lunch Menus, 2024

Tuckbox and Tribe Listed Allergen/ Dietary Requirements: VA Vegan, V, Vegetarian, T Tomato, SD Sulphites, S Soya, PU Beans/Pulses, G Gluten, F Fish, E Egg, D Dairy, C Celery, M Meat

All dishes are free from peanuts, tree nuts, sesame seeds, lupin, crustaceans and molluscs.

Menu A	Main	VA	V	Μ	PU	T	G	F	E	D	С	S	SD
Monday	Haywood's 'Tribe' Sausage, Mash & Onion Gravy with Melon Fingers												
Tuesday	Mac n Cheese with Banana & Custard												
Wednesday	Chicken, Leek & White Bean Casserole with Raspberry & Blueberry Cake												
Thursday	Shepherd's Pie with Yoghurt & Fresh Fruit												
Friday	Aubergine & Lentil Curry with Vegan Banana Bread												
Menu B	Main												
Monday	Chicken Korma with Yoghurt & Fresh Fruit												
Tuesday	Pasta Primavera with Cherry & Raisin Oat Cookies												
Wednesday	Beef Chilli with Peaches & Apricots												
Thursday	Creamy Fish Dish with Pear Pastries												
Friday	Lasagne with Cinnamon & Chia Yoghurt												
Menu C	Main												
Monday	Chicken Fusilli with Pineapple Pieces												
Tuesday	Thai Fish Curry with Poppyseed & Mixed Berry Bake												
Wednesday	Beef Bourgogne with Carrot Cake												
Thursday	Jollof Rice with Yoghurt & Fresh Fruit												
Friday	Bean & Quiona Veggie Mix with Mandarin Quarters												