

Dietary Winter Lunch Menus, 2024

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

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

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

