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| <p>Monday 18<sup>th</sup> November 2024</p> <p>Lunch</p> <p><b>MEAT FREE MONDAY</b></p> <p>Homemade Vegetable Soup</p> <p>Mac and Cheese</p> <p>Whole Wheat Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Grated Cheese, Tuna Mayonnaise</p> <p>Baked beans, butter</p> <p>Homemade Quiche</p> <p>Salad Bar</p> <p>Apple Crumble and custard</p> <p>Fresh fruit Salad</p> <p>Dinner</p> <p>Roast Pork, Yorkshire pudding,<br/>Stuffing, roast potatoes and vegetables</p> <p>Salad Bar</p> <p>Fresh Fruit Salad</p> | <p>Tuesday 19<sup>th</sup> November 2024</p> <p>Lunch</p> <p>Homemade Tomato and Basil Soup</p> <p>Taco Tuesday</p> <p>Beef Taco or Vegetarian Taco</p> <p>Potato Wedges</p> <p>Jacket potato</p> <p>Sliced Ham, Tuna Mayonnaise</p> <p>Baked beans, butter</p> <p>Homemade Quiche</p> <p>Salad Bar</p> <p>Chocolate Eclair</p> <p>Fresh Fruit Salad</p> <p>Dinner</p> <p>Piri Piri Chicken</p> <p>Fried rice</p> <p>Tortilla Chips</p> <p>Salad Bar</p> <p>Fresh Fruit Salad</p> | <p>Wednesday 20<sup>th</sup> November 2024</p> <p>Lunch</p> <p>Homemade Spinach and Lentil Soup</p> <p>Jerk Chicken or Quorn Jerk</p> <p>Rice n peas and roasted vegetables</p> <p>Whole Wheat Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Sliced Ham, Tuna Mayonnaise</p> <p>Baked beans, butter</p> <p>Homemade Quiche</p> <p>Salad Bar</p> <p>Tart and custard</p> <p>Fresh Fruit Salad</p> <p>Dinner</p> <p>Beef Lasagne</p> <p>Salad Bar</p> <p>Fresh Fruit Salad</p> | <p>Thursday 21<sup>st</sup> November 2024</p> <p>Lunch</p> <p>Meatballs, Spaghetti and<br/>Garlic Bread</p> <p>Whole Wheat Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Grated Cheese, Sliced Ham</p> <p>Baked beans, butter</p> <p>Homemade Quiche</p> <p>Salad Bar</p> <p>Black Forest Gateau</p> <p>Fresh Fruit Salad</p> <p>Dinner</p> <p>Chicken Pie</p> <p>Mashed potatoes and vegetables</p> <p>Salad Bar</p> <p>Fresh Fruit Salad</p> |
| <p>Friday 22<sup>nd</sup> November 2024</p> <p>Lunch</p> <p>Chicken Nuggets or Veggie Nuggets</p> <p>With chips and peas</p> <p>Whole Wheat Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Sliced Ham, Tuna Mayonnaise</p> <p>Baked beans, butter</p> <p>Homemade Quiche</p> <p>Salad Bar</p> <p>Jelly and Cream</p> <p>Fresh Fruit Salad</p> <p>Dinner</p> <p>Spaghetti Bolognaise</p> <p>Garlic bread</p> <p>Salad Bar</p> <p>Fresh Fruit Salad</p>  | <p>Saturday 23<sup>rd</sup> November 2024</p> <p>Breakfast</p> <p>Selection of cereals</p> <p>Sausages, bacon, fried egg</p> <p>Potato Waffle and baked beans</p> <p>And Toast</p> <p>Lunch</p> <p>Selection of Sandwiches</p> <p>Crisps and Fresh Fruit</p> <p>Dinner</p> <p>Homemade Pizzas</p> <p>Salad</p> <p>Fresh Fruit Salad</p>   | <p>Sunday 24<sup>th</sup> November 2024</p> <p>Breakfast</p> <p>Selection of cereals</p> <p>Toast and Spreads</p> <p>Pancakes and chocolate sauce</p> <p>Lunch</p> <p>Roast Chicken</p> <p>Yorkshire pudding, stuffing,<br/>Roast potatoes, vegetables, and gravy</p> <p>Sweet</p> <p>Dinner</p> <p>Chicken and Rice</p> <p>Fresh Fruit Salad</p>  |  |



*SLINDON COLLEGE*

## **Allergen Information**

**“All our food is prepared in a kitchen where nuts, gluten and other allergens are present.**

**Our menu descriptions do not include all of the ingredients.**

**If you have a food allergy, please inform the kitchen team before ordering.**

**Full allergen information is available on request”**

