

Monday 13<sup>th</sup> January 2025

Lunch

**MEAT FREE MONDAY**

Homemade Roasted Butternut Squash Soup

Aubergine and Lentil Bake

Whole wheat Pasta and tomato sauce

Jacket potato

Grated Cheese, Tuna Mayonnaise

Baked beans, butter

Homemade Quiche

Salad Bar

Apple Strudel and custard

Fresh fruit Salad

Dinner

Chicken Katsu and Rice

Salad Bar

Fresh Fruit Salad

Tuesday 14<sup>th</sup> January 2025

Lunch

Homemade Vegetable Soup

Chicken Breast Pepper Sauce or Gravy,

Sauté Potatoes and vegetables

Vegetable Risotto

Whole Wheat Pasta with tomato sauce

Jacket potato

Sliced Ham, Tuna Mayonnaise

Baked beans, butter

Homemade Quiche

Salad Bar

Poached Pear and Chocolate Tart

Fresh Fruit Salad

Dinner

Homemade Meatballs

Spaghetti and garlic bread

Salad Bar

Fresh Fruit Salad

Wednesday 15<sup>th</sup> January 2025

Lunch

Homemade Mulligatawny Soup

Lasagne or Vegetable Lasagne

Spicy Chicken Jambalaya

Whole wheat Pasta and tomato sauce

Jacket potato

Tuna Mayonnaise, Sliced Ham

Baked beans, butter

Homemade Quiche

Salad Bar

Pancakes and ice cream

Fresh Fruit Salad

Dinner

Chicken Enchilada's

Potato wedges

Salad Bar

Fresh Fruit Salad

Thursday 16<sup>th</sup> January 2025

Lunch

Homemade Minestrone Soup

Chicken Pie or Sussex Pie or Vegetable Pie

Mashed potatoes, vegetables and gravy

Jacket potato

Sliced Ham, Grated Cheese

Baked beans, butter

Homemade Quiche

Salad Bar

Steamed Choc Chip Sponge and custard

Fresh Fruit Salad

Dinner

Bbq Pork loin,

Sweetcorn, onion rings. Potato boats

Salad Bar

Fresh Fruit Salad

Friday 17<sup>th</sup> January 2025

Lunch

Homemade Chicken Noodle Soup

Homemade Pizzas

Pepperoni

Hawaiian

Margherita

Roasted Vegetable

And Chips

Whole Wheat Pasta with tomato sauce

Jacket potato

Tuna Mayonnaise, Sliced Ham

Baked beans, butter

Homemade Quiche

Salad Bar

Cupcakes

Fresh Fruit Salad

Dinner

Toad in the Hole

Potatoes, vegetables and gravy

Salad Bar

Saturday 18<sup>th</sup> January 2025

Selection of cereals

Croissant

Toast and Spreads

Lunch

Selection of Sandwiches

Crisps and Fresh Fruit

Dinner

Sunday 19<sup>th</sup> January 2025

Selection of cereals

Pain au Choc

Toast and Spreads

Lunch

Selection of Sandwiches

Crisps and Fresh Fruit

Dinner

Pasta/Rice Dish

Fresh Fruit Salad



*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”**

