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| Monday 6 <sup>th</sup> October 2025<br><u>National Curry Week</u><br>Lunch<br><b>MEAT FREE MONDAY</b><br>Homemade Mulligatawny Soup<br>Vegetable Thai Green Curry<br>With Egg Fried Rice<br>Whole Wheat Pasta with tomato sauce<br>Jacket potato<br>Grated Cheese, Tuna Mayonnaise<br>Baked beans, butter<br>Homemade Quiche<br>Salad Bar<br>Chocolate Cheesecake<br>Fresh fruit Salad<br><br>Dinner<br>Homemade Chicken Pie,<br>Mashed potatoes and vegetables<br>Salad Bar<br><br>Fresh Fruit Salad | Tuesday 7 <sup>th</sup> October 2025<br>Lunch<br>Homemade Leek and Potato Soup<br><br>Chicken Breast or Quorn<br>With Sauté potatoes,<br>Vegetables, pepper sauce or gravy<br>Whole Wheat Pasta with tomato sauce<br>Jacket potato<br>Sliced Ham, Tuna Mayonnaise<br>Baked beans, butter<br>Homemade Quiche<br>Salad Bar<br>Apple Crumble Tart and Custard<br>Fresh Fruit Salad<br><br>Dinner<br>Breaded Pork Steak<br>Parmentiar Potatoes and vegetables<br><br>Salad Bar<br><br>Fresh Fruit Salad | Wednesday 8 <sup>th</sup> October 2025<br>Lunch<br>Homemade Vegetable Noodle Soup<br><br>Cottage Pie or Veggie Pie with Mixed Vegetables<br>Chicken Bacon Pasta Bake<br>Whole Wheat Pasta with tomato sauce<br>Jacket potato<br>Sliced Ham, Tuna Mayonnaise<br>Baked beans, butter<br>Homemade Quiche<br>Salad Bar<br>Steamed Date and Honey Sponge and Custard<br>Fresh Fruit Salad<br><br>Dinner<br>Homemade Pizzas<br><br>Salad Bar<br><br>Fresh Fruit Salad | Thursday 9 <sup>th</sup> October 2025<br><u>National Curry Week</u><br>Lunch<br>Homemade Dhal Soup<br>Mild Chicken Curry or Spicy Chicken Curry<br>Or Vegetable Curry<br>Basmati Rice and Nan Bread<br>Whole Wheat Pasta with tomato sauce<br>Jacket potato<br>Grated Cheese, Sliced Ham<br>Baked beans, butter<br>Homemade Quiche<br>Salad Bar<br>Ice Cream and Caramel Banana<br>Fresh Fruit Salad<br><br>Dinner<br>Toad in the Hole<br>Potatoes, vegetables and gravy<br>Salad Bar<br><br>Fresh Fruit Salad |
| Friday 10 <sup>th</sup> October 2025<br>Lunch<br>Homemade Vegetable Soup<br>Quarter Pounder Burger or Veggie Burger<br>Brioche Bun,<br>Fried onions, cheese slices<br>And chips<br>Whole Wheat Pasta with tomato sauce<br>Jacket potato<br>Sliced Ham, Tuna Mayonnaise<br>Baked beans, butter<br>Homemade Quiche<br>Salad Bar<br>Homemade Doughnut<br>Fresh Fruit Salad<br><br>Dinner<br>Homemade Meatballs<br>Spaghetti and garlic bread<br>Salad Bar<br><br>Fresh Fruit Salad                       | Saturday 11 <sup>th</sup> October 2025<br><br>Breakfast<br><br>Selection of cereals<br>Croissant<br>Toast and spreads<br><br>Lunch<br>Selection of Sandwiches<br>Crisps and Fresh Fruit<br><br>Dinner   | Sunday 12 <sup>th</sup> October 2025<br><br>Breakfast<br><br>Selection of cereals<br>Pain au choc<br>Toast and spreads<br><br>Dinner<br>Pasta/Rice Dish<br>Fruit  |  |



*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”**

