

Monday 7<sup>th</sup> October 2024  
Lunch  
**MEAT FREE MONDAY**  
Homemade Soup  
  
Falafel, pitta bread, bulgur wheat  
Chilli sauce and garlic mayo  
Whole wheat Pasta and tomato sauce  
Jacket potato  
Grated Cheese, Tuna Mayonnaise  
Baked beans, butter  
Homemade Quiche  
Salad Bar  
Sweet  
Fresh fruit Salad  
Dinner  
  
Cottage Pie with vegetables and gravy  
  
Salad Bar  
Fresh Fruit Salad

Tuesday 8<sup>th</sup> October 2024  
Lunch  
Homemade Soup  
  
Chicken breast with black bean sauce  
Vegetable spring roll  
Noodles  
Whole wheat Pasta and tomato sauce  
Jacket potato  
Sliced Ham, Tuna Mayonnaise  
Baked beans, butter  
Homemade Quiche  
Salad Bar  
Sweet  
Fresh Fruit Salad  
  
Dinner  
Beef Goulash  
Parmentier potatoes and vegetables  
Salad Bar  
  
Fresh Fruit Salad

Wednesday 9<sup>th</sup> October 2024  
Lunch  
Homemade Soup  
  
Pork Steak with BBQ Sauce,  
Potato wedges and vegetables  
Whole Wheat Pasta with tomato sauce  
Jacket potato  
Smoked Mackerel, Sliced Ham  
Baked beans, butter  
Homemade Quiche  
Salad Bar  
Sweet  
Fresh Fruit Salad  
  
Dinner  
Piri Piri Chicken  
Fried rice and tortilla chips  
Salad Bar  
  
Fresh Fruit Salad

Thursday 10<sup>th</sup> October 2024  
Lunch  
  
Chilli Con Carne or Vegetable and bean Chilli  
Rice and garlic bread  
Whole Wheat Pasta with tomato sauce  
Jacket potato  
Sliced Ham, Grated Cheese  
Baked beans, butter  
Homemade Quiche  
Salad Bar  
Sweet  
Fresh Fruit Salad  
  
Dinner  
  
Pork Steak  
Sauté potatoes and vegetables  
Salad Bar  
  
Fresh Fruit Salad

Friday 11<sup>th</sup> October 2024  
Lunch  
  
Chicken Nuggets and chips  
Whole Wheat Pasta with tomato sauce  
Jacket potato  
Tuna Mayonnaise, Sliced Ham  
Baked beans, butter  
Homemade Quiche  
Salad Bar  
Sweet  
Fresh Fruit Salad  
  
Dinner  
Jerk Chicken  
Rice n peas and roasted vegetables  
Salad Bar  
  
Fresh Fruit Salad

Saturday 12<sup>th</sup> October 2024  
  
Breakfast  
  
Selection of cereals  
Sausages, bacon, fried egg  
Potato Waffle and baked beans  
And Toast  
  
Lunch  
Selection of Sandwiches  
Crisps and Fresh Fruit  
  
Dinner  
  
BBQ  
FOSC  
Fireworks

Sunday 13<sup>th</sup> October 2024  
  
Breakfast  
  
Selection of cereals  
Toast and spreads  
Pancakes maple syrup and chocolate sauce  
  
Lunch  
Roast Beef  
Yorkshire pudding,  
Roast potatoes, vegetables and gravy  
  
Sweet  
  
Dinner  
Pasta Dish  
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”**

