

<div>Monday 29th January 2024</div> <div>Lunch</div> <div>MEAT FREE MONDAY</div> <div>Homemade Butternut Squash and Sweet Potato Soup</div> <div>Mac and Cheese <i>Monday</i></div> <div>Spiced Vegetable Biryani</div> <div>Whole Wheat Pasta with tomato sauce</div> <div>Jacket potato</div> <div>Grated Cheese, Tuna Mayonnaise</div> <div>Baked beans, butter</div> <div>Homemade Quiche</div> <div>Salad Bar</div> <div>Pancakes and ice cream</div> <div>Fresh fruit Salad</div> <div>Dinner</div> <div>Beef Goulash, Potatoes and vegetables</div> <div>Salad Bar</div> <div>Fresh Fruit Salad</div>	<div>Tuesday 30th January 2024</div> <div>Lunch</div> <div>Homemade Mushroom Soup</div> <div>Lasagne or Vegetable Lasagne</div> <div>Chicken Jambalaya</div> <div>Whole Wheat Pasta with tomato sauce</div> <div>Jacket potato</div> <div>Sliced Ham, Tuna Mayonnaise</div> <div>Baked beans, butter</div> <div>Homemade Quiche</div> <div>Salad Bar</div> <div>Bakewell Tart and Custard</div> <div>Fresh Fruit Salad</div> <div>Dinner</div> <div>Toad in the Hole</div> <div>Mashed potatoes, vegetables and gravy</div> <div>Salad Bar</div> <div>Fresh Fruit Salad</div>	<div>Wednesday 31st January 2024</div> <div>Lunch</div> <div>Homemade Mulligatawny Soup</div> <div>Roast Chicken Breast or Veggie Roast</div> <div>Yorkshire pudding, stuffing ball</div> <div>Roast potatoes, vegetables and gravy</div> <div>Whole Wheat Pasta with tomato sauce</div> <div>Jacket potato</div> <div>Sliced Ham, Tuna Mayonnaise</div> <div>Baked beans, butter</div> <div>Homemade Quiche</div> <div>Salad Bar</div> <div>Steamed Syrup Sponge and Custard</div> <div>Fresh Fruit Salad</div> <div>Dinner</div> <div>Fried noodles</div> <div>Prawn crackers</div> <div>Salad Bar</div> <div>Fresh Fruit Salad</div>	<div>Thursday 1st February 2024</div> <div>Lunch</div> <div>Homemade Lentil and Spinach Soup</div> <div>Meatballs or Plant based balls</div> <div>Spaghetti and Garlic Bread</div> <div>Whole Wheat Pasta with tomato sauce</div> <div>Jacket potato</div> <div>Grated Cheese, Sliced Chicken</div> <div>Baked beans, butter</div> <div>Homemade Quiche</div> <div>Salad Bar</div> <div>Chocolate Brownie and Chocolate Sauce</div> <div>Fresh Fruit Salad</div> <div>Dinner</div> <div>Jerk Chicken</div> <div>50/50 Rice and roasted vegetables</div> <div>Salad Bar</div> <div>Fresh Fruit Salad</div>
<div>Friday 2nd February 2024</div> <div>Lunch</div> <div>Homemade Vegetable Soup</div> <div>Breaded Chicken Breast or Breaded Vegetables</div> <div>With chips and BBQ sauce</div> <div>Whole Wheat Pasta with tomato sauce</div> <div>Jacket potato</div> <div>Sliced Ham, Tuna Mayonnaise</div> <div>Baked beans, butter</div> <div>Homemade Quiche</div> <div>Salad Bar</div> <div>Jelly and cream</div> <div>Fresh Fruit Salad</div> <div>Dinner</div> <div>Pork Steak</div> <div>Salad Bar</div> <div>Fresh Fruit Salad</div>	<div>Saturday 3rd February 2024</div> <div>Breakfast</div> <div>Selection of cereals</div> <div>Sausages, bacon, fried egg</div> <div>Potato Waffles and baked beans</div> <div>And Toast</div> <div>Lunch</div> <div>Selection of Sandwiches</div> <div>Crisps and Fresh Fruit</div> <div>Dinner</div> <div>Chicken Pittas</div> <div>Chilli sauce, garlic mayo and chips</div> <div>Salad Bar</div> <div>Fresh fruit Salad</div>	<div>Sunday 4th February 2024</div> <div>Breakfast</div> <div>Selection of cereals</div> <div>Toast and spreads</div> <div>Waffles, maple syrup and chocolate sauce</div> <div>Lunch</div> <div>Roast Leg of Lamb</div> <div>Yorkshire pudding, Roast potatoes, vegetables and gravy</div> <div>Sweet</div> <div>Dinner</div> <div>Pasta Dish</div> <div>Fruit</div>	



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”

