

Monday 11 th October 2021 Lunch	Tuesday 12 th October 2021 Lunch	Wednesday 13 th October 2021 Lunch	Thursday 14 th October 2021 Lunch
<p><i>MEAT FREE MONDAY</i></p> <p>Homemade Carrot and Coriander Soup</p> <p>Macaroni Cheese</p> <p>Lentil and Vegetable Chilli with Rice</p> <p>Spaghetti and tomato sauce</p> <p>Jacket potato</p> <p>Cheese, baked beans, butter</p> <p>Salad Bar</p> <p>Pineapple and Cherry Upside Down Cake and Custard</p> <p>Fresh fruit</p> <p>Dinner</p> <p>Beef Goulash with Mashed Potatoes and Vegetables</p> <p>Sweet</p> <p>Fresh Fruit</p>	<p>Homemade Mushroom Soup</p> <p>Chicken or Vegetable Tortilla Wrap</p> <p>Salsa, Potato wedges or Vegetable rice</p> <p>Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Cheese, baked beans, butter</p> <p>Salad Bar</p> <p>Profiteroles</p> <p>Fresh Fruit</p> <p>Dinner</p> <p>Sweet and Sour Pork, Noodles rice and prawn crackers</p> <p>Sweet</p> <p>Fresh Fruit</p>	<p>Homemade Parsnip and Apple Soup</p> <p>Swedish Meatballs or Sussex Pie (sausage meat, onion, mushroom), Mashed potatoes, vegetables and gravy</p> <p>Pasta with tomato sauce</p> <p>Jacket potato</p> <p>Cheese, baked beans, butter</p> <p>Salad Bar</p> <p>Steamed Choc Chip Sponge and Custard</p> <p>Fresh Fruit</p> <p>Dinner</p> <p>Piri Piri Chicken</p> <p>Baked Wedges, tortilla chips and salsa</p> <p>Sweet</p> <p>Fresh Fruit</p>	<p>Homemade Celery Soup</p> <p>Chicken or Vegetable Curry With Rice and Poppadum</p> <p>Pasta and tomato sauce</p> <p>Jacket potato</p> <p>Cheese, baked beans, butter</p> <p>Salad Bar</p> <p>Sticky Toffee Pudding</p> <p>Fresh Fruit</p> <p>Dinner</p> <p>Breaded Pork Escalope with new potatoes And vegetables</p> <p>Sweet</p> <p>Fresh Fruit</p>
Friday 15 th October 2021 Lunch	Saturday 16 th October 2021		Sunday 17 th October 2021
<p>Homemade Vegetable Soup</p> <p>Beef Burger or Vegetable Burger</p> <p>Fried onions and cheese slices</p> <p>With chips</p> <p>Pasta and tomato sauce</p> <p>Jacket potato</p> <p>Cheese, baked beans, butter</p> <p>Salad Bar</p> <p>Chocolate mousse slice</p> <p>Fresh Fruit</p> <p>Dinner</p> <p>Chicken Breast with pepper and mushroom cream sauce, parmentiar potatoes and vegetables</p> <p>Sweet</p>	<p>Breakfast</p> <p>Selection of cereals</p> <p>Sausage, bacon, fried egg and hash brown</p> <p>Lunch</p> <p>Selection of sandwiches</p> <p>Crisps and fruit</p> <p>Dinner</p> <p>Battered Cod with Chips</p> <p>And peas or baked beans and French bread</p> <p>Sweet</p> <p>Fresh fruit</p>		<p>Breakfast</p> <p>Selection of cereals</p> <p>Pain au Chocolate, ham and cheese croissant</p> <p>Lunch</p> <p>Roast Chicken</p> <p>Yorkshire pudding, stuffing, Roast potatoes, vegetables and gravy</p> <p>Sweet</p> <p>Dinner</p> <p>Pasta Dish</p> <p>Cake</p> <p>Fruit</p>

SLINDON COLLEGE

Allergen Information

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

and our menu descriptions do not include all ingredients.” If you have a food allergy, please let us know before

Ordering.

“Full allergen information is available on request”