

The food served is prepared from scratch every day in the on-site kitchens. There are four nutritionally balanced weekly menus which are rotated.

Week 1 weeks commencing: 06-Sep, 04-Oct, 08-Nov, 06-Dec, 17-Jan, 14-Feb, 21-Mar, 02-May, 6-Jun, 4-Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti bolognaise	Chicken & mushroom pie	Roast chicken GF	Chicken korma GF	Gammon & pineapple GF
Quorn spaghetti bolognaise V	Cheese flan V	Quorn roast V	Chicken tikka GF	Macaroni cheese V
Chicken burger in bap	Pasta pots V	Chilli chicken spicy wraps	Veggie balti GF V	Breaded fish
Beef burger - GF	Veggie pasta sauce GF V	Quorn dipper wraps V	Homemade pizzas	Steak slice
Pork & apple burger	Meat pasta sauce		Pepperoni	Chicken slice
Veggie burger V	Gluten free pasta GF V		Ham & pineapple	Cheese & onion pasties V
	Garlic bread V		Margherita V	Cornish pasties
			Gluten free pizza V GF	Sausages
				Sausage rolls
				Sausage GF
				Veggie sausage V

Accompaniments and Desserts

MONDAY	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V
Chips GF V	Mashed potato V	Roast Potato V	Mashed potato V	Chips V
Mashed potato V	Baked beans V	Stuffing V	Rice V GF	Mashed potato V
Baked beans V	Cabbage V GF	Mashed potato V	Naan Bread V	Baked beans V
Spaghetti V	Spaghetti V	Baked beans V	Poppadum's V	Spaghetti V
Sweetcorn GF V	Mixed Vegetables V GF	Spaghetti V	Baked beans V	Sweetcorn GF V
Broccoli GF V	Peas V GF	Parsnips/ Green Beans V GF	Spaghetti V	Mushy peas GF V
		Carrots/swede V GF	Broccoli V GF	Garden Peas GF V
		Leeks in Cheese Sauce GF V	Sweetcorn V GF	
Chocolate sponge V	Fruit crumble V	Cornflake tart V	Chocolate crunch V	Syrup sponge V
Chocolate sauce V GF	Custard V GF	Custard V GF	Chocolate sauce V GF	Custard GF V
Iced buns V	Flapjack V	Iced Shortbread V	Decorated Cake V	Iced Finger buns V
Fairy Cakes V	Cornflake Crisps	Chocolate Muffins V	Choc Dipped Shortcake V	Fairy Cakes V
Chocolate cracknel V	Assorted Fruit V GF	Chocolate Brownies	Rosalie Biscuits V	Chocolate Chilled V
Assorted Fruit V GF		Ginger biscuit	Chocolate Brownies V	Assorted Fruit V GF
		Assorted Fruit V GF	Assorted Fruit V GF	

Lady Manners School Lunch Menu

2021/22

Week 2 weeks commencing: 13-Sep, 11-Oct, 15-Nov, 13-Dec, 24-Jan, 28-Feb, 28-Mar, 09-May, 13-Jun, 11-Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire pudding	Meat & potato pie	Roast Pork GF	Tuna pasta bake	Homemade Pizza's
Sausage & Onion gravy	Lentil & Pepper Flan V	Quorn Roast V	Tomato & Basil Pasta V	Pepperoni
Veggie Sausage V	Pasta Pots V	Chilli Chicken Spicy Wraps	Garlic Bread V	Ham & Pineapple
GF Sausage GF	Veggie Pasta Sauce GF V	Quorn Dipper Wraps V	Sweet & sour chicken	Margherita V
GF Veg gravy GF V	Meat Pasta Sauce		Szechuan pork	Gluten Free Pizza V GF
Chicken burger in bap	Gluten Free Pasta GF V		BBQ chicken	Breaded Fish
Beef burger - GF	Garlic Bread		Vegetable sweet & sour V	Steak Slice
Pork & Apple Burger				Chicken Slice
Veggie burger				Cheese & Onion Pasties V
				Cornish Pasties
				Sausages
				Sausage rolls
				GF Sausage GF
				Veggie Sausage V

Accompaniments and Desserts

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V
Chips GF V	Mashed potato V	Roast Potato V	Mashed potato V	Chips V
Mashed potato V	Baked beans V	Stuffing V	Rice V GF	Mashed potato V
Baked beans V	Cabbage V GF	Mashed potato V	Baked beans V	Baked beans V
Spaghetti V	Spaghetti V	Baked beans V	Spaghetti V	Spaghetti V
Carrots GF V	Mixed Vegetables V GF	Spaghetti V	Broccoli V GF	Sweetcorn GF V
Peas GF V	Peas V GF	Parsnips/ Green Beans V GF	Sweetcorn V GF	Mushy peas GF V
Broccoli GF V		Carrots / Peas V GF		Garden Peas GF V
		Leeks in Cheese Sauce GF V		
Marble sponge V	Cheesecake	Chocolate crunch V	Strawberry shortcake V	Fruit crumble & Custard
Chocolate sauce V	Gainsborough Tart & Custard	Chocolate sauce V	Custard V	Fairy Cakes V
Iced Finger buns	Chocolate Dipped Shortcake	Chocolate Muffins	Flapjack V	Iced Finger buns V
Fairy Cakes V	Decorated Cake	Rosalie Biscuits V	Chocolate Flapjack V	Australian crunch V
Chocolate Cracknel	Cornflake Crisps	Iced Shortbread V	Chocolate Chilled V	Ginger Biscuits V
Assorted Fruit GF V	Assorted Fruit GF V	Assorted Fruit GF V	Assorted Fruit GF	Assorted Fruit GF

Week 3 weeks commencing: 20-Sep, 18-Oct, 22-Nov, 20-Dec, 31-Jan, 07-Mar, 04-Apr, 16-May, 20-Jun, 18-Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Beef lasagne	Chicken & mushroom Pie	Roast Chicken GF	Veggie Pasta Bake V	Gammon & pineapple GF
Veggie Lasagne V	Cheese & Onion Quiche V	Quorn Roast V	Chicken Korma	Macaroni cheese V
Chicken burger in bap	Pasta Pots V	Chilli Chicken Spicy Wraps	Chicken Tikka	Breaded Fish
Beef burger - GF	Veggie Pasta Sauce GF V	Quorn Dipper Wraps V	Vegetable & Chickpea Balti V	Steak Slice
Pork & Apple Burger	Meat Pasta Sauce			Chicken Slice
Veggie burger V	Gluten Free Pasta GF V			Cheese & Onion Pasties V
	Garlic Bread			Cornish Pasties
				Sausages
				Sausage rolls
				GF Sausage GF
				Veggie Sausage V

Accompaniments and Desserts

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V
Chips GF V	Mashed potato V	Roast Potato V	Mashed potato V	Chips V
Mashed potato V	Baked beans V	Stuffing V	Rice V GF	Mashed potato V
Baked beans V	Cabbage V GF	Mashed potato V	Naan Bread V	Baked beans V
Spaghetti V	Spaghetti V	Baked beans V	Poppadum's V	Spaghetti V
Broccoli GF V	Mixed Vegetables V GF	Spaghetti V	Baked beans V	Sweetcorn GF V
Sweetcorn V GF	Peas V GF	Parsnips/ Green Beans V GF	Spaghetti V	Mushy peas GF V
		Carrots / Peas V GF	Broccoli V GF	Garden Peas GF V
		Leeks in Cheese Sauce GF V	Sweetcorn V GF	
Syrup sponge	Chocolate crunch V	Cornflake Tart V	Strawberry & Apple Pie V	Bread & Butter Pudding &
Custard	Chocolate sauce V	Custard V	Custard V	Custard V
Iced buns	Chocolate Muffins V	Decorated/ Banana Cake	Flapjack V	Iced Finger Buns V
Chilled chocolate biscuit	Iced Shortbread V	Choc Dipped Shortcake V	Chocolate Flapjack V	Fairy Cakes V
Assorted Fruit GF V	Rosalie Biscuit V	Chocolate Cracknel V	Melting Moments V	Chocolate Brownies V
	Chewy Fudge Fingers V	Assorted Fruit GF V	Cornflake Cakes V	Ginger Biscuits V
	Assorted Fruit GF V		Assorted Fruit GF V	Assorted Fruit GF V

Week 4 weeks commencing: 27-Sep, 01-Nov, 29-Nov, 10-Jan, 07-Feb, 14-Mar, 25-Apr, 23-May, 27-Jun

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire pudding	Shepherd's Pie	Roast Pork GF	Tuna pasta bake	Homemade Pizzas
Sausage & Onion Gravy	Quorn Shepherd's Pie V	Quorn Roast V	Tomato & Basil Pasta V	Pepperoni
Veggie Sausage V	Pasta Pots V	Chilli Chicken Spicy Wraps	Sweet & sour chicken	Ham & Pineapple
GF Sausage GF	Veggie Pasta Sauce GF V	Quorn Dipper Wraps	Szechuan pork	Margherita V
GF Veg Gravy GF V	Meat Pasta Sauce		BBQ chicken	Gluten Free Pizza V GF
Chicken burger in bap	Gluten Free Pasta GF V		Vegetable sweet & sour V	Breaded Fish
Beef burger - GF	Garlic Bread			Steak Slice
Pork & Apple Burger				Chicken Slice
Veggie burger V				Cheese & Onion Pasties V
				Cornish Pasties
				Sausages
				Sausage rolls
				GF Sausage GF
				Veggie Sausage V

Accompaniments and Desserts

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V	Jacket potatoes GF V
Chips GF V	Mashed potato V	Roast Potato & Stuffing V	Mashed potato V	Chips V
Mashed potato V	Baked beans V	Mashed potato V	Rice V GF	Mashed potato V
Baked beans V	Cabbage V GF	Baked beans V	Garlic Bread	Baked beans V
Spaghetti V	Spaghetti V	Spaghetti V	Baked beans V	Spaghetti V
Broccoli GF V	Mixed Vegetables V GF	Parsnips/ Green Beans V GF	Spaghetti V	Sweetcorn GF V
Sweetcorn V GF	Peas V GF	Carrots/swede V GF	Broccoli V GF	Mushy peas GF V
		Leeks in Cheese Sauce GF V	Sweetcorn V GF	Garden Peas GF V
Fruit crumble & Custard	Steamed jam roll & Custard	Chocolate crunch &	Strawberry Shortcake &	Syrup sponge & Custard V
Fairy Cakes V	Flapjack	Chocolate sauce V	Custard V	Iced Finger Buns V
Iced Finger buns V	Rosalie biscuit V	Chocolate Shortcake V	Chocolate Muffins V	Chocolate cracknel V
Cornflake crisp V	Golden Slice V	Decorated cake V	Iced shortbread V	Fairy Cakes V
Ginger Biscuits V	Assorted Fruit GF V	Chilled chocolate biscuit	Australian crunch V	Chocolate Brownies V
Assorted Fruit GF V		Assorted Fruit GF V	Assorted Fruit GF V	Assorted Fruit GF V

Morning snack

- Hot buttered toast and fruit is available in the main hall every morning

Lighter lunches

- Freshly made sandwiches and filled rolls
- Cold chicken wraps
- Jacket potatoes with a choice of fillings (tuna, cheese, beans or salad)
- Salad bar with ham, cheese or tuna

Drinks

- Bottled water
- Chocolate milk
- Apple juice
- Orange Juice
- Strawberry milk
- Flavoured water
- Milk

Note: occasionally it might be necessary to change these menus at short notice.

Allergy Notice

- Nut allergies: we do not use nuts of any kind or any nut derivatives like almond essence in the food produced on the premises.
 - Wheat/Gluten allergies: we do provide some options for gluten free students. Whilst we will do everything in our power to ensure that there is no cross-contamination (e.g. cleaning and sterilising utensils and surfaces, using separate utensils), we are unable to give an absolute guarantee.
- All other allergies: we maintain a list of ingredients in each kitchen for all the food produced on the premises. If students are unsure about anything they should ask any of the catering staff so that they can check.

Codes:

V = Vegetarian

GF = Gluten Free