



Laleham Gap Lunch Menu

For queries about food allergens, please contact a member of the Kitchen Staff on 01843 570598





Allergen Guide

Allergen Name	Allergen Abbreviation
Gluten	G
Milk	M
Egg	E
Fish	F
Celery	C
Soya Beans	SB
Sesame	S
Lupin	L
Sulphites	Su
Mustard	Mu
Crustacean	Cr
Molluscs	Mo
Nuts	N
Peanuts	P



Sandwiches

Breads		Fillings		Fillings	
White Bread & Butter	G, SB M	Cheese	M	Tuna Mayonnaise	E, F, Mu
Brown Granary Wholemeal Bread & Butter	G M	Ham		Egg Mayonnaise	E, Mu
		Corned Beef		Chicken Mayonnaise	E, Mu
		Pickle	G, Su	Mayonnaise	E

Sandwiches are available every day

WEEK 1

Monday		Tuesday		Wednesday		Thursday		Friday	
Three Cheese Pizza (v)	G, M	Sausage & Yorkshire Puddings	S, G M, G, E	Roast Gammon		Chicken & Veg Pie	M, E, C, G	Oven Baked Fish Fingers	G, F
Homemade Salmon Fish Cakes	F, E, G, M	Gravy		Gravy		Gravy		Veggie Mince Bolognese & Wholemeal Pasta (v)	M, E, G
Rainbow Rice		Cauliflower & Broccoli Gratin (v)	M, Mu	Vegetable Curry (v)	G, C	Quorn Burger Puffs (v)	G, E, M	Peas	
Mixed Salad		Cabbage		Roast Potatoes		Potatoes		Chips	
		Sweetcorn		Boiled Potatoes		Swede & Carrots		Baked Beans	
		New Potatoes		Fresh Mixed Country Vegetables		Broccoli			
Melon & Grape Pots		Fruit Crumble & Custard	G M	Cheese & Biscuits with Grapes	M, G	Jam Tart & Custard	G M	Fruit Topped Cheesecake	G, M, SB, Su

Fresh fruit, salad, bread, sandwiches, yoghurt, milk and chilled water are all available. Vegetarian option (v)

WEEK 2

Monday		Tuesday		Wednesday		Thursday		Friday	
Homemade Beef Burger in wholemeal Bap	G, M	Homemade Pork Meatballs in Tomato Sauce	G	Roast Pork Gravy		Chicken Curry	M, C	Spicy Chicken Goujons	E, G, S
Macaroni Cheese (v)	M, G, Mu	Jacket Potatoes		Stuffing Balls	G	Spicy Mixed Bean Wraps (v)	SB, G, C	Salsa	
Chips		Baked Beans Cheese (v)	M	Carrot & Lentil Bake (v)	E, C, M	Rice		Mayonnaise & Chives	E, Mu
Baked Beans		Pasta	G	Roast Potatoes		Mixed Vegetables		Cheese	M
Waffles with Cherries	M, G, E, S	Veg Sticks, Cherry Tomatoes	C	Boiled Potatoes		Naan Bread	G	Wholemeal Vegetable Risotto	G, C, M
Fresh Cream	M	Fruit Crumble	G	Chocolate Sponge	G, M, E	Homemade Iced Buns	M, G, E	Coleslaw	E, Mu
		Custard	M	Chocolate Sauce	M	Glass of Milk	M	Fruit Smoothie & Cookie	G

Fresh fruit, salad, bread, sandwiches, yoghurt, milk and chilled water are all available daily. Vegetarian Option (v)

WEEK 3

Monday		Tuesday		Wednesday		Thursday		Friday	
Wholemeal Pasta, Tomato Bacon & Pepperoni Bake	C, G, Su	Pork Stir Fry		Roast Chicken		Traditional Beef Stew & Crispy Dumplings		Oven Baked Fish Portions	F, G, E
		Oriental Veg		Gravy		Vegetable & Lentil Stew with Crispy Dumplings (v)	G, C	Quorn Sausage in a Roll (v)	G, E, M G
Cheese & Tomato Flan (v)	G, M, E	Veggie Cottage Pie	E	Tomato & Pasta Bake (v)	G	Country Mixed Veg		Chips	
Garlic & Herb Slice		Veggie Gravy		Roast Potatoes		New Potatoes		Baked Beans	
		Noodles	G	Carrots				Peas	
		Mixed Veg		Cabbage					
Apricot & Peach Goodie	G	Fresh Fruit Salad		New Potatoes		Custard	M	Gypsy Tart	M, G
Custard	M	Ice cream	M	Toffee Banana Flan	M, G	Apple Pie	M, G	Sliced Apples	

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