



SUMMER MENU

SYDENHAM

WEEK 1

MON

TUES

WED

THURS

FRI

MAIN

Turkey & Creamed
Leek Pie with
Mashed Potato
(E, G, MK)

Lamb Keema Vada
Pav, Coronation
Mayo & Spinach
(E, G, MK, SE*)

Hot Deli Bar

Classic Beef Lasagne
with Garlic Bread &
Garden Salad
(E, G, MK, SE*, CE*)

Fish & Chips with
Fresh Minted Mushy
Peas & Homemade
Tartare Sauce
(E, F, G, SU)

VEGGIE

Vegan Parmesan and
Forest Mushroom
Risotto
(CE, G) *V*

Vegan Jamaican Pattie
with Crunchy Slaw &
Rice
(CE, G, SU) *V*

Hot Deli Bar

Pot Roasted
Cauliflower Mac n
Cheese
(G, MK)

Veggie Chilli Loaded
Nachos, Pink Pickled
Onions & Homemade
Guacamole *V*
(CE, G)

MEAL
DEAL
£2.42

Theme Days

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

PUD

Banoffee Pie
(G, MK)

Lemon & Orange
Polenta Cake
(E, G)

Summer Fruit
Cheesecake
(E, G, MK, SO)

Plum Oaty
Crumble with
Custard
(G, MK)

Ultimate Chocolate
Brownie, Orange
Creme Chantilly
(E, G, MK, SO)

HOT DELI

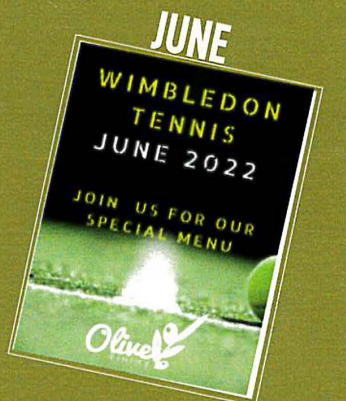
3 Cheese & Tomato
Chutney Toastie
(G, MK, SO)

Creamy Pesto
Pasta
(G, MK)

Hot Deli Bar

Mexican Five Bean
Rice Pot
(CE, G*) *V*

Chip Shop
Battered Sausage
with Gravy or
Curry Sauce
(G, SO, SU)



STREET

Beef Brisket Chilli
Tacos, Tomato
Salsa & Grated
Cheddar
(G*, MK, MU)

Jerk Breaded Turkey
with Rice & Peas and
Rainbow Slaw
(CE, E, G, MU)

Japanese Udon
Noodle Pho
(CE, G, SO) *V*

Turkey Souvlaki
Pitta with Mint
Yoghurt
(G, SO, SU)

Chefs Choice



ALLERGENS
KEY

CE - CELERY
CR - CRUSTACEAN
E - EGGS

F - FISH
G - CEREALS CONTAINING GLUTEN
L - LUPIN

MK - MILK
MO - MOLLUSCS
MU - MUSTARD

N - NUTS
P - PEANUTS
SE - SESAME SEEDS

SO - SOYA
SU - SULPHUR DIOXIDE
*- MAY CONTAIN

Go
Vegan *V*



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