










# The Gateway Kitchen lunch menu

Week A











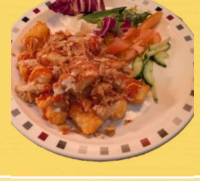
Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Tikka Chapatti with rice 	Roast chicken dinner 	Mac and cheese, with broccoli 	Pepperoni pizza, diced potato and salad 	Ham and cheese loaded tots with salad 
Vegetarian	Eat curious Tikka Chapatti, rice 	Roast plant-based sausage dinner 		Cheesy pizza with diced potato and salad 	Cheesy loaded tots with salad 
Roll	Ham	Cheese	Tuna	Ham	Cheese
Jacket potato	Cheese	Tuna	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen lunch menu

Week A





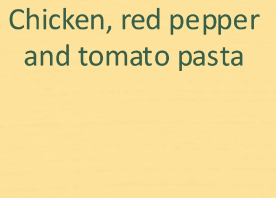




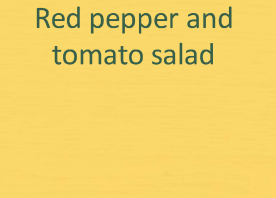


Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Tikka Chapatti with rice 	Roast chicken dinner 	Mac and cheese, with broccoli 	Pepperoni pizza, diced potato and salad 	Ham and cheese loaded tots with salad 
Vegetarian	Eat curious Tikka Chapatti, rice 	Roast plant-based sausage dinner 		Cheesy pizza with diced potato and salad 	Cheesy loaded tots with salad 
Roll	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna
Jacket potato	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week A





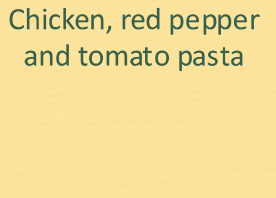




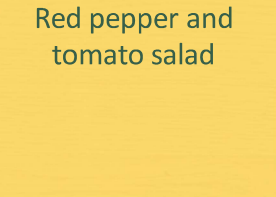


Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Tikka with rice 	Roast chicken dinner 	Chicken, red pepper and tomato pasta 	Pepperoni pizza, diced potato and salad 	Ham loaded tots with salad 
Vegan	Tikka with rice 	Roast plant-based sausage dinner 	Red pepper and tomato salad 	Pizza with diced potato and salad 	loaded tots with salad 
Roll	Ham	Cheese	BBQ eat curious	Ham	Cheese
Jacket potato	Cheese	BBQ eat curious	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week A










Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken Tikka with rice 	Roast chicken dinner 	Chicken, red pepper and tomato pasta 	Pepperoni pizza, diced potato and salad 	Ham loaded tots with salad 
Vegan	Tikka with rice 	Roast plant-based sausage dinner 	Red pepper and tomato salad 	Pizza with diced potato and salad 	loaded tots with salad 
Roll	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious
Jacket potato	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen lunch menu

Week B










Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Katsu chicken curry with rice and broccoli 	Roast pork dinner 	Bolognese with garlic bread and salad	Cheesy pizza with diced potato and carrot 	Fish fingers, wedges and beans 
Vegetarian	Katsu curry with rice and broccoli	Roast plant-based sausage dinner 	Vegetable Bolognese and salad	Red pepper and sweetcorn pizza with diced potato and carrot 	Veggie tots, wedges and beans 
Roll	Ham	Cheese	Tuna	Ham	Cheese
Jacket potato	Cheese	Tuna	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen lunch menu

Week B








Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Katsu chicken curry with rice and broccoli 	Roast pork dinner 	Bolognese with garlic bread and salad	Cheesy pizza with diced potato and carrot 	Fish fingers, wedges and beans 
Vegetarian	Katsu curry with rice and broccoli	Roast plant-based sausage dinner 	Vegetable Bolognese and salad	Red pepper and sweetcorn pizza with diced potato and carrot 	Veggie tots, wedges and beans 
Roll	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna
Jacket potato	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week B










Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Katsu chicken curry with rice and broccoli 	Roast pork dinner 	Bolognese with salad	Pizza with diced potato and carrot 	Chicken goujons, wedges and beans 
Vegan	Katsu curry with rice and broccoli	Roast plant-based sausage dinner 	Vegetable Bolognese with salad	Red pepper and sweetcorn pizza with diced potato and carrot 	Veg tots, wedges and beans 
Roll	Ham	Cheese	BBQ eat curious	Ham	Cheese
Jacket potato	Cheese	BBQ eat curious	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week B










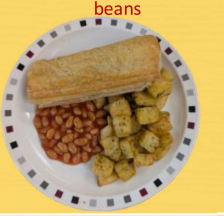
Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	<p>Katsu chicken curry with rice and broccoli</p> 	<p>Roast pork dinner</p> 	<p>Bolognese with salad</p>	<p>Pizza with diced potato and carrot</p> 	<p>Chicken goujons, wedges and beans</p> 
Vegan	<p>Katsu curry with rice and broccoli</p>	<p>Roast plant-based sausage dinner</p> 	<p>Vegetable Bolognese with salad</p>	<p>Red pepper and sweetcorn pizza with diced potato and carrot</p> 	<p>Veg tots, wedges and beans</p> 
Roll	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious
Jacket potato	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen lunch menu

Week C



Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef Nachos and salsa 	Roast Gammon dinner 	Slow baked BBQ gammon mac and cheese with salad 	Chicken pizza with sweet potato and sweetcorn 	Sausage roll with wedges and beans 
Vegetarian	Plant-based nachos and salsa 	Roast plant-based sausage dinner 	Slow baked BBQ mac and cheese with salad 	Cheesy pizza with sweet potato and sweetcorn 	Sausage roll with wedges and beans 
Roll	Ham	Cheese	Tuna	Ham	Cheese
Jacket potato	Cheese	Tuna	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen lunch menu

Week C




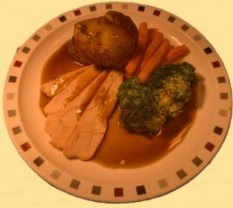






Week A	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Beef Nachos and salsa 	Roast Gammon dinner 	Slow baked BBQ gammon mac and cheese with salad 	Chicken pizza with sweet potato and sweetcorn 	Sausage roll with wedges and beans 
<b>Vegetarian</b>	Plant-based nachos and salsa 	Roast plant-based sausage dinner 	Slow baked BBQ mac and cheese with salad 	Cheesy pizza with sweet potato and sweetcorn 	Sausage roll with wedges and beans 
<b>Roll</b>	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna	Ham, cheese or tuna
<b>Jacket potato</b>	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna
<b>Tomato pasta</b>	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week C




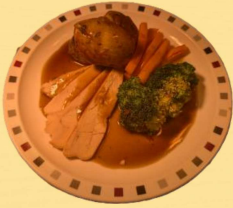






Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef Nachos and salsa 	Roast Gammon dinner 	Slow baked BBQ gammon pasta bake with salad	Chicken pizza with sweet potato and sweetcorn 	Tandoori chicken pieces on toast with salad 
Vegan	Plant-based nachos and salsa 	Roast plant-based sausage dinner 	Slow baked BBQ pasta bake with salad	Cheesy pizza with sweet potato and sweetcorn 	Eat curious tandoori pieces on toast with salad 
Roll	Ham	Cheese	BBQ eat curious	Ham	Cheese
Jacket potato	Cheese	BBQ eat curious	Beans	Cheese	Beans
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily



# The Gateway Kitchen Allergen Free lunch menu

Week C



Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef Nachos and salsa 	Roast Gammon dinner 	Slow baked BBQ gammon pasta bake with salad	Chicken pizza with sweet potato and sweetcorn 	Tandoori chicken pieces on toast with salad 
Vegan	Plant-based nachos and salsa 	Roast plant-based sausage dinner 	Slow baked BBQ pasta bake with salad	Cheesy pizza with sweet potato and sweetcorn 	Eat curious tandoori pieces on toast with salad 
Roll	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious	Ham, cheese or BBQ eat curious
Jacket potato	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious	Cheese, beans or BBQ eat curious
Tomato pasta	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily	Tomato pasta served daily

