



# SIRIUS LUNCHTIME | MENU - WEEK 1

Week 1

Sirius Lunchtime

Theme

Main Course 1:

Main Course 2:

Vegetarian/Vegan:

Desserts:

	Monday	Tuesday	Wednesday	Thursday	Friday
	served from 12:40pm - 1:20pm	served from 12:40pm - 1:20pm	served from 12:40pm - 1:20pm	served from 12:40pm - 1:20pm	served from 12:40pm - 1:20pm
	<b>Sirius Street Food</b>	<b>Sirius Great British</b>	<b>Sirius Carvery</b>	<b>Sirius Continental</b>	<b>Sirius Favourites</b>
	<b>Italian Pork &amp; Beef Meatballs (2)</b> served with Tomato & Basil Pasta sauce, Pasta (2) and Garlic bread (2) ♥	<b>Chicken &amp; Mushroom Pie (2, 4, 7, 13)</b> served with fresh Seasonal Vegetables ♥	<b>Traditional Roast Beef</b> served with Sage & Onion stuffing, Yorkshire Pudding (2, 4, 7) and fresh Seasonal Vegetables ♥ <small>(GF if served without the Yorkshire Pudding and Sage &amp; Onion stuffing)</small>	<b>Chicken Korma (7)</b> served with Rice and a plain Naan bread (2, 7) ♥ <small>(GF if served without the Naan bread)</small>	<b>Hand-Battered Fish (2, 5)</b> or <b>Salmon &amp; Dill Fish cake (4, 5, 7)</b> GF ♥ served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>Five Bean Chilli Con Carne</b> served with Rice and Garlic bread (2) VG ♥ <small>(GF if served without Garlic bread)</small>	<b>Vegetable Lattice V</b> served with fresh Seasonal Vegetables (1, 2, 7, 9, 13)	<b>Traditional Roast Chicken</b> served with Sage & Onion stuffing, Yorkshire Pudding (2, 4, 7) and fresh Seasonal Vegetables ♥ <small>(GF if served without the Yorkshire Pudding and Sage &amp; Onion stuffing)</small>	<b>Beef Rogan Josh</b> served with Rice and a plain Naan bread (2, 7) ♥ <small>(GF if served without the Naan bread)</small>	<b>Southern Fried Chicken (2, 7) ♥</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>Linda McCartney Meatballs (2, 13)</b> served with Tomato & Basil Pasta sauce, Pasta (2) and Garlic bread (2) VG ♥	<b>Quinoa Stuffed Pepper VG GF ♥</b>	<b>Baked Sweet Potato (Creme fresh)</b> served with Cheddar & Mozzarella cheese and Spring Onion (7) V GF ♥	<b>Vegetable Rogan Josh</b> served with Rice and a plain Garlic bread (2) ♥ VG <small>(GF if served without the Garlic bread)</small>	<b>Cheese &amp; Onion Pattie (2, 7)</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>*Cherry Flapjack (14)</b> served with Custard (7) <small>(VG if served without Custard) *may contain Gluten because of the way the oats are processed</small> <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> <small>*please refer to allergens matrix</small>	<b>Lemon Drizzle (2, 4, 7)</b> served with Custard (7)  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> <small>*please refer to allergens matrix</small>	<b>Strawberry Delight (7) ♥</b>  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> <small>*please refer to allergens matrix</small>	<b>*Cocoa &amp; Coconut Crackle</b> served with Custard (7) <small>(VG if served without Custard) *may contain Gluten because of the way the oats are processed</small> <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> <small>*please refer to allergens matrix</small>	<b>Vanilla Ice Cream (7)</b>  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> <small>*please refer to allergens matrix</small>

The Food Information Regulation 2014 - Provision of Allergen Information

The Constellation Trust Catering and Hospitality Services can provide additional support and guidance with regards to food intolerances, allergies, medical, cultural and ethical diets. Please discuss with a member of the catering team for more information.

V - Suitable for Vegetarians VG - Suitable for Vegans GF - Gluten Free ♥ - Healthier Option



Celery (1)



Gluten (2)



Crustaceans (3)



Eggs (4)



Fish (5)



Lupin (6)



Milk (7)



Molluscs (8)



Mustard (9)



Nuts (10)  
(Tree Nuts)



Peanuts (11)



Sesame (12)



Soya (13)



Sulphur Dioxide (14)  
(Sulphites)