



# SIRIUS LUNCHTIME | MENU - WEEK 2

Week 2

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>Classic Beef Lasagne (2, 7, 13)</b> served with Roasted Baby New Potatoes, Garlic bread (2), Mixed Leaf Salad and home-made Coleslaw (4, 9)	<b>Toad in the Hole</b> (cumberland sausages) served in a Yorkshire Pudding (2, 4, 7, 14) with Mashed Potato (2) Garden Peas/Baked Beans and Gravy	<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>Chicken Tikka Masala (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>Quiche Lorraine (2, 4, 7, 9, 13)</b> served with sides	<b>Traditional Cornish Pastie (2, 7)</b> served with Mashed Potato (2) Garden Peas/Baked Beans and Gravy	<b>Tomato &amp; Basil Pasta</b> served with Garlic Bread (2) and mixed Vegetables VG ♥	<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>Southern Fried Chicken ♥ (2, 7)</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>Quorn Lasagne (2, 4, 7, 13) V ♥</b> served with Roasted Baby New Potatoes, Garlic bread (2) and Mixed Leaf Salad and home-made Coleslaw (4, 9)	<b>Toad in the Hole (2, 4, 7, 13, 14) V ♥</b> (Linda McCartney sausages) <small>(VG if served without a Yorkshire Pudding)</small>	<b>Roast Quorn Chicken (4) V ♥</b> <small>(GF if served without a Yorkshire Pudding)</small>	<b>Chinese Veg' Stir Fry</b> served with Noodles (2, 13) VG ♥ and Garlic bread (2)	<b>Egg Fried Rice &amp; Curry V (2, 4, 9, 13)</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>*Plain Flapjack (7)</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>Iced Sponge (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>Chocolate 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>Coconut Shortcake (2)</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>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)