



# SIRIUS LUNCHTIME | MENU - WEEK 3

Week 3

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>Beef Pasta Bolognese (2)</b> served Garlic bread (2), Mixed Leaf Salad and home-made Coleslaw (4, 9)  (GF if Gluten Free pasta is used)	<b>Steak Pie (2, 4)</b> served with fresh Seasonal Vegetables ♥  (suitable for a lactose intolerant diet as the egg glaze does not contain milk)	<b>Traditional Roast Pork</b> served with Sage & Onion stuffing, Yorkshire Pudding (2, 4, 7) and fresh Seasonal Vegetables ♥  (GF if served without the Yorkshire Pudding and Sage & Onion stuffing)	<b>Chinese Chicken Curry (2, 9)</b> served with Rice and Garlic Bread (2) ♥	<b>Hand-Battered Fish (2, 5) or Salmon &amp; Dill Fish cake (4, 5, 7)</b> GF ♥ served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>Chicken &amp; Mushroom Slice (1, 2, 7, 13)</b> served with Baked Beans/Pea and Sauté Potatoes with Herbs (2)	<b>Cheese &amp; Ham Omelette (4, 7)</b> served with Mixed Leaf Salad and Home-made Coleslaw (4, 9) GF ♥	<b>Traditional Roast Chicken</b> served with Sage & Onion stuffing, Yorkshire Pudding (2, 4, 7) and fresh Seasonal Vegetables ♥  (GF if served without the Yorkshire Pudding and Sage & Onion stuffing)	<b>Chicken Balti</b> served with Rice and Garlic Bread (2) ♥  (GF if served without the Garlic Bread)	<b>Southern Fried Chicken (2, 7) ♥</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>Tomato &amp; Basil Pasta (2)</b> served Garlic Bread (2) and Roasted Mediterranean Vegetables VG ♥  (GF if Gluten free pasta is used)	<b>Caramelised Red Onion Quiche (2, 4, 7, 14) V</b> served with sides	<b>Quorn Hot Pot (4)</b> served with fresh Seasonal Vegetables V GF ♥	<b>Vegetable Balti</b> served with Rice and Garlic Bread (2) VG ♥  (GF if served without the Garlic bread)	<b>Sage &amp; Potato Pattie (2, 7) V</b> served with Chips or Boiled Potatoes and Mushy Peas or Baked Beans
	<b>*Banana Flapjack (7)</b> served with Custard (7) (VG if served without Custard) *may contain Gluten because of the way the oats are processed  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> *please refer to allergens matrix	<b>Jam &amp; Coconut Sponge (2, 4, 7)</b> served with Custard (7) (VG if served without Custard)  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> *please refer to allergens matrix	<b>Banana Delight (7) ♥</b>  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> *please refer to allergens matrix	<b>Chocolate Chip Shortcake (2, 7, 13)</b> served with Custard (7)  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> *please refer to allergens matrix	<b>Vanilla Ice Cream (7)</b>  <b>Cheese &amp; Biscuits (2, 7)</b> <b>Fresh fruit ♥ or *Mini cakes</b> *please refer to allergens matrix

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)