



CITY OF LONDON
FREEMEN'S SCHOOL

WEEK 2 – AUTUMN TERM LUNCH MENU
WC 31/10/22, 21/11/22, 12/12/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Counter Main Choice	Chilli Con Carne	Chicken Leak and Bacon Suet Topped Pie	Pork Meatballs with Penne Pasta	Jerk Chicken Thighs With Jerk Sauce	Pork Hotdog Halal chicken Sausage Hotdog
Sides	Rice Guacamole, Sour Cream and Sweetcorn	Herb Roasted New Potatoes Broccoli & Cauliflower	Garlic Bread Roasted Med Veg	Rice & Peas Sautéed greens	Chips Peas & Fried Onions
Vegetarian Choice	Spicy Quorn and Bean Chilli	Vegetable Quiche	Vegan Oomph Meatballs	Caribbean Vegetable & Coconut Stew	Quorn Frankfurter
Pasta Bar	Green Pesto Pasta	Tomato Arrabiata	Sweet Potato and Chickpea Biryani	Tomato & Roasted Med Veg	Red Pesto Pasta
Light Choice	Soup Of the Day Baked Baguette	Jacket Potato Baked Beans	Soup Of the Day Baked Baguette	Ham Salad Baguette	Soup of The Day Baked Baguette
Dessert	American Pancakes Chocolate Chips Chocolate sauce or Strawberry Sauce	Upside Down Pineapple Cake served With Custard	Lemon Drizzle Cake	Frosted Banana Cake	Chocolate Chip Shortbread

Menu may be subject to change depending on the circumstances of the daily business.

If you have a food allergy or intolerance, please ask a member of the Catering team, who will be happy to help with your menu selection.