



CITY OF LONDON  
FREEMEN'S SCHOOL

# independents

by *sodexo*

## WEEK 3 – AUTUM TERM LUNCH MENU

WC 07/11/22, 28/11/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Counter Main Choice	Chicken Katsu Curry	Cumberland Sausage	Teriyaki Beef Stir Fry	Chicken & Chorizo Paella	Fish & Chips
Sides	Basmati Rice Stir Fry Veg	Mashed Potato Peas and Carrots	Noodles Stir Fry Chilli Veg	Tomato, Olive, Red Onion, Balsamic Salad	Tartar Sauce Peas
Vegetarian Choice	Aubergine Katsu Curry	Quorn Sausages	Quorn in Black Bean Sauce	Pepper, Courgette & Red Onion Paella	Vegan Buttermilk Style Quorn Fillet
Pasta Bar	Tomato Arabbiata	Green Pesto Pasta	Tomato & Basil Sauce	Macaroni Cheese	Tomato & Mascarpone Sauce
Light Choice	Soup of The Day Baked Baguette	Jacket Potato Baked Beans	Soup of The Day Baked Baguette	Cheese & tomato Baguette	Soup Of the Day Baked Baguette
Dessert	Raspberry Sponge Vanilla Icing	Peach & Cherry Crumble Served with Custard	Sticky Toffee Pudding Custard	Peach & Cherry Crumble Served With Custard	Chocolate Cake Served with Chocolate Sauce

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.