

# RIDING CANTEEN FOOD MENU 2023

Locally sourced, fresh ingredients

**SOUTH  
HUNSLEY**  
inspire · aspire

Weeks commencing 4 September, 25 September and 16 October

DF = Dairy Free V = Vegetarian VG = Vegan GF = Gluten Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL OF THE DAY 1	Toad in the Hole with creamed potatoes & vegetables  Dessert & custard £2.50	Beef lasagne served with chopped salad  Dessert & custard £2.50	Roast gammon roast potatoes and vegetables GF/DF  Dessert & custard £2.50	Beefburger in a bun with chips, salad & vegetables  Dessert & custard £2.50	Chicken fajitas with wedges & coleslaw  Dessert & custard £2.50
SPECIAL OF THE DAY 2	Plant-based chicken nuggets in a tomato sauce with wedges DF/VG/V  Dessert & custard £2.50	Spinach potato & chickpea curry with spiced quinoa GF/ DF/ VG/V  Dessert & custard £2.50	Mixed vegetable pakora GF/VG/V/DF  with raita & rice GF/V  Dessert & custard £2.50	Italian plant-based meatballs in a tomato sauce with chips GF/DF/VG/V  Dessert & custard £2.50	Quorn mince cottage pie with sweet potato & vegetables GF/DF/VG/V  Dessert & custard £2.50
DAILY LIGHT OPTION	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings
DESSERTS	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit

Weeks commencing 11 September, 2 October and 23 October

DF = Dairy Free V = Vegetarian VG = Vegan GF = Gluten Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL OF THE DAY 1	Teriyaki chicken stir fry with noodles  Dessert & custard £2.50	Savoury minced beef GF/DF  In a giant Yorkshire pudding with vegetables  Dessert & custard £2.50	Roast loin of pork with sticky apple sauce, roast potatoes & vegetables GF/DF  Dessert & custard £2.50	Breaded chicken goujon with katsu curry sauce, chips & vegetables  Dessert & custard £2.50	Chicken korma & rice GF  Naan bread  Dessert & Custard £2.50
SPECIAL OF THE DAY 2	Margherita french bread pizza & vegetables V  Dessert & custard £2.50	Spiced Moroccan vegetables with rice DF/GF/VG/V  served with raita  Dessert & custard £2.50	Quorn chilli & rice tortilla with chips & vegetables GF/DF/VG/V  Dessert & custard £2.50	Vegetable & thyme pie with chips & vegetables V  Dessert & custard £2.50	Ratatouille ravioli pasta bake and vegetables V  Dessert & custard £2.50
DAILY LIGHT OPTION	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings
DESSERTS	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit

Weeks commencing 18 September and 9 October

DF = Dairy Free V = Vegetarian VG = Vegan GF = Gluten Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL OF THE DAY 1	Peanut free chicken satay with rice & vegetables GF/DF  Dessert & custard £2.50	Beef & re-fried bean enchilada with wedges and coleslaw  Dessert & custard £2.50	Roast chicken with Yorkshire pudding, roast potatoes & vegetables GF/DF  Dessert & custard £2.50	Steak pie with chips & vegetables  Dessert & custard £2.50	Chicken tikka masala with rice & onion bhaji GF  Dessert & custard £2.50
SPECIAL OF THE DAY 2	Penne pasta in a tomato & pesto sauce & vegetables V/DF/VG  Dessert & custard £2.50	Mac & cheese with garlic bread & vegetables VG  Dessert & custard £2.50	Ratatouille lasagne with cheese bread and vegetables V  Dessert & custard £2.50	Stir fry vegetables with sweet chilli sauce & noodles VG/V/DF  Dessert & custard £2.50	Meat free quarter pound vegetable burger in a bun with wedges VG/V/DF  Dessert & custard £2.50
DAILY LIGHT OPTION	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings	Jacket potato with various fillings
DESSERTS	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit	Hot dessert & custard £1.00  Cold dessert or fresh fruit