































































WEEK 1

ALLERGY SYMBOLS

-  Celery
-  Crustaceans
-  Fish
-  Eggs
-  Lupin
-  Milk
-  Molluscs
-  Cereals containing Gluten
-  Mustard
-  Nuts
-  Peanuts
-  Sesame Seeds
-  Soya
-  Sulphur Dioxide















	MON	TUE	WED	THUR	FRI
MAIN	Chicken Korma Curry and Rice 	Spaghetti Bolognaise 	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Veg, Gravy 	Sweet and Sour Chicken with Noodles 	Fish, chips Peas/Baked Beans  
VEG	Quorn Korma Curry and Rice  	Veggie Quorn Bolognaise  	Quorn Roast, Stuffing, Roast Potatoes, Seasonal Veg, Gravy   	Sweet and Sour Quorn with Noodles  	Veggie Burger  
GRAB & GO	Tomato and Mascarpone Pasta Bake  	Spicy Sausage Pasta Bake    	Bolognese Pasta Bake  	Pepperoni Pasta Bake  	Tomato and Basil Pasta Bake  
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
	Chilli Nachos 	BBQ Pulled Pork in Pretzel Bun 	Cheese and Ham Melt    Cheese and Tomato Melt   	Pizza Baguette  	Beef Burger  
	G/F Chilli Nachos. 	G/F Pasta Bolognaise  G/F Spicy Sausage Pasta Bake   	G/F Bolognaise Pasta Bake 	G/F Pizza 	G/F Fish Fillet, Chips, Peas/Baked Beans. 
	G/F Tomato and Mascarpone Pasta Bake 				
DELI	Chipotle Chicken Crispy Bacon Onion Bhajis	Buffalo Chicken Chicken Strips   Quorn Dippers 	Mediterranean Chicken BBQ Pulled Pork Spicy Bean Burger 	Fajita Chicken Sausage Bites    Veggie Sausage bites  	Chicken Tikka BBQ Charcoal Chicken Falafel 








































































Allergens - please advise a member of kitchen staff if you suffer from any allergies. We can then advise you of the contents of the dishes we have available.

Halal - If you require a Halal based product please select from the vegetarian options available.

WEEK 2

ALLERGY SYMBOLS

-  Celery
-  Crustaceans
-  Fish
-  Eggs
-  Lupin
-  Milk
-  Molluscs
-  Cereals containing Gluten
-  Mustard
-  Nuts
-  Peanuts
-  Sesame Seeds
-  Soya
-  Sulphur Dioxide















	MON	TUE	WED	THUR	FRI
MAIN	Tandoori Chicken Curry with Rice	Meatballs in tomato and basil sauce with penne pasta 	Sausage, Yorkshire pudding, roast potatoes, vegetables, and gravy     	Jerk chicken and pineapple tray bake with rice.	Pizza, chips and beans.  
VEG	Onion Bhaji, rice/salad, and mint yoghurt sauce  	Spanish tortilla with salad  	Cheese and Broccoli Quiche with salad/vegetables   	Veggie Burger with salad.  	Pizza, chips and beans  
GRAB & GO	Tomato and Mascarpone Pasta Bake  	Spicy Sausage Pasta Bake    	Bolognese Pasta Bake  	Pepperoni Pasta Bake  	Tomato and Basil Pasta Bake  
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
	Spicy Bean Burger 	Large Sausage Roll    	BBQ Chicken Pannini Caramelised Onion Panini   	Chicken Burger   	Fish Fillet in Bap      
	G/F Onion Bhaji, rice/salad with mint yoghurt sauce  	G/F Spicy Sausage Pasta Bake   	G/F Bolognese Pasta Bake  G/F Sausage roast  	G/F Jerk Chicken Tray Bake with rice	G/F Fish Fillet in G/F Bun      
DELI	Chipotle Chicken Crispy Bacon Onion Bhajis	Buffalo Chicken Chicken Strips   Quorn Dippers 	Mediterranean Chicken BBQ Pulled Pork Spicy Bean Burger 	Fajita Chicken Sausage Bites    Veggie Sausage Bites 	Chicken Tikka BBQ Charcoal Chicken Falafel 





































































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WEEK 3

ALLERGY SYMBOLS

-  Celery
-  Crustaceans
-  Fish
-  Eggs
-  Lupin
-  Milk
-  Molluscs
-  Cereals containing Gluten
-  Mustard
-  Nuts
-  Peanuts
-  Sesame Seeds
-  Soya
-  Sulphur Dioxide

	MON	TUE	WED	THUR	FRI	
MAIN	Butter Chicken Curry and Rice 	Toad in the Hole, Mashed potatoes, vegetables, and gravy     	Sliced Gammon, New Potatoes, vegetables and Parsley Sauce.  	Katsu Chicken fillet with rice  	Fish Fingers, chips and peas/baked beans.  	
VEG	Quorn Butter Curry and Rice  	Veggie Toad in the Hole, mashed potatoes, vegetables, and gravy   	Cheesy Leek and Potato Pie with vegetables  	Cauliflower Cheese, potato wedges and vegetables.  	Veggie Fingers, chips and peas/baked beans 	
GRAB & GO	Tomato and Mascarpone Pasta Bake  	Spicy Sausage Pasta Bake    	Bolognese Pasta Bake  	Pepperoni Pasta Bake  	Tomato and Basil Pasta Bake  	
	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	
	Chicken Strips in baguette   	Mediterranean Chicken, Salad and pitta bread. 	Pepperoni Calzone   Tomato Calzone  	Hot Dog with crispy fried Onions   	Chicken Chunks, Chips with Baked Beans   	
	G/F Butter Chicken Curry  G/F Tomato and Mascarpone Pasta Bake 	G/F Sausage, Mash Potatoes, vegetables, gravy.   G/F Spicy Sausage Pasta Bake   	Sliced Gammon, New Potatoes, and vegetables. G/F Bolognese Pasta Bake 	Fajita Chicken and Rice G/F Pepperoni Pasta Bake 	G/F Tomato and Basil Pasta Bake  G/F Fish Cakes, chips and peas. 	
	DELI	Chipotle Chicken Crispy Bacon Onion Bhajis	Buffalo Chicken Chicken Strips   Quorn Dippers 	Mediterranean Chicken BBQ Pulled Pork Spicy Bean Burger 	Fajita Chicken Sausage Bites    Veggie Sausage Bites 	Chicken Tikka BBQ Charcoal Chicken Falafel 

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