





















































































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 in Black bean sauce with Noodles   | Lasagne with garden peas   G/F option Available | Sausage, Yorkshire Pudding, Mashed Potatoes, Veg and Gravy      | Tandoori Chicken with Rice  | Jumbo Chicken Bites, Chips Baked Beans    |
| VEG | Quorn in Black bean sauce with noodles    | Quorn Lasagne   | Veggie Sausage, Yorkshire Pudding, Mashed Potatoes, Veg and Gravy    | Onion Bhaji & Vegetable Samosa with Salad and Mint Yogurt sauce.     | Quorn Dippers, Chips, Baked Beans  |
| GRAB & GO | Macaroni Cheese   G/F Macaroni Cheese  | Tomato & Mascarpone Pasta   | Pepperoni Pasta  | Bolognese Pasta  G/F Bolognese Pasta | Tomato & Basil Pasta  |
| | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes |
| | BBQ Pulled chicken in Maize topped roll.     G/F option available     | Naan Pizza with Chicken Tikka    | Cheese and Ham Melt    Cheese and Tomato Melt    | Chicken Mini Fillet Wrap with Salad  | Fish Fillet in Maize Topped Roll    G/F option available    |
| Vegetable Spring Rolls    | Garlic Bread    | | Naan Bread  | Chips | |
| DELI | Piri Piri Chicken Pigs in Blankets   Vegan Sausage Bites  | Tandoori Chicken BBQ Charcoal Chicken Fillets BBQ Quorn Mini Fillet  | Buffalo Chicken Meatball Marinara Veggie Meatball Marinara  | Maple Sweet Chilli Chicken Crispy Bacon Veggie Fingers  | BBQ Chicken Chicken Tenders  Quorn Dippers  |





















































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 | Chilli Nachos | Lemon and Herb Chicken and Chickpeas with rice | Minced Beef Cobbler, vegetables and Mashed Potato with Gravy   | Steak Slice, Potato Wedges, Peas & Sweetcorn and Gravy   | Sausage, chips and beans.    |
| VEG | Quorn Chilli Nachos  | Margarita Flatbread pizza   | Minced Quorn Cobbler, vegetables and Mashed Potato with Gravy    | Cheese and Onion Slice, Wedges, Peas & Sweetcorn and Gravy   | Veggie Sausage, chips and beans  |
| GRAB & GO | Macaroni Cheese   G/F Macaroni Cheese  | Tomato &   Mascarpone Pasta G/F Tomato & Mascarpone Pasta  | Pepperoni Pasta  G/F Pepperoni Pasta | Bolognese Pasta  G/F Bolognese Pasta | Tomato & Basil Pasta  G/F Tomato & Basil Pasta |
| | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes |
| | Beef Burger    | Assorted Flatbread Pizzas   | Chicken Tikka and Salad on Folded Naan    | Bao Bun with Chinese 5 spice chicken and green salad   | Fish Fillet in Sub Roll       G/F option available |
| | Potato wedges | Garlic Bread    | | | Bag of Chips |
| DELI | Piri Piri Chicken Pigs in Blankets   Vegan Sausage Bites  | Tandoori Chicken BBQ Charcoal Chicken Fillets BBQ Quorn Mini Fillet  | Buffalo Chicken Meatball Marinara Veggie Meatball Marinara  | Chilli Salsa Chicken Crispy Bacon Veggie Fingers  | BBQ Chicken Chicken Tenders  Quorn Dippers  |


















































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

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 | BBQ Pulled Pork with potato wedges, peas and sweetcorn | Toad in the hole, Mashed Potatoes, veg, gravy   | Roast Chicken, Stuffing, new potatoes, seasonal veg and Gravy  | Sticky Gochujang Korean chicken with noodles        | Fish Cakes, Chips and peas/baked beans.  G/F Option Available  |
| VEG | Spicy Bean Burger with Salad   | Veggie Toad in the hole, Mashed Potatoes, veg, gravy   | Quorn Fillet, Stuffing, new potatoes, seasonal veg and Gravy  | Veggie Noodles   | Veggie Cake, Chips and peas/baked beans  |
| GRAB & GO | Macaroni Cheese   G/F Macaroni Cheese  | Tomato &   Mascarpone Pasta G/F Tomato & Mascarpone Pasta  | Pepperoni Pasta  G/F Pepperoni Pasta | Bolognese Pasta  G/F Bolognese Pasta | Tomato & Basil Pasta  G/F Tomato & Basil Pasta |
| | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes |
| | Mexican Fajita Chicken in Wrap  | Meatball Marinara in a Pretzel Roll  G/F Option available | BBQ Pulled Pork in Pretzel Football Roll with Coleslaw | Chicken Burger with Salad    G/F Option available | Hot Dog with Fried onions in a baguette     |
| | | | | Vegetable Spring Rolls    | Chips |
| DELI | Piri Piri Chicken Pigs in Blankets   Vegan Sausage Bites  | Tandoori Chicken BBQ Charcoal Chicken Fillets BBQ Quorn Mini Fillet  | Buffalo Chicken Meatball Marinara Veggie Meatball Marinara  | Chilli Salsa Chicken Crispy Bacon Veggie Fingers  | BBQ Chicken Chicken Tenders  Quorn Dippers  |

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