Together to Net Zero.
Week 1

Main Course
Monday
Sausages served with Mash Potatoes \& Baked Beans or Side Salad Wheat, milk, celery, soya, sulphites, soya, barley

Vegetarian

Pasta / Rice

Quorn Sausages served with Mash Potatoes \& Baked Beans or Side Salad Wheat, soya, barley, egg

Meatballs in Tomato Sauce served with \& Pasta Wheat, egg, gluten, soya, mustard

## Tuesday

Meat \& Potato Pie served with Gravy and side of Herby Potatoes \& Green Beans
Wheat, celery, soya,
milk, gluten, barley
Vegetarian Pie served with a side of Herby Potatoes \& Green Beans Wheat, milk, soya, gluten, barley

Vegetarian Basilico (tomato sauce) served with Rice. Wheat, eggs

Cheese \& Onion or Cheese \& Ham Panini
Wheat, milk, sesame

## Wednesday

Chicken Fillet served on a bun with Relish and Side Salad
Wheat, sesame, celery

Vegan Chicken Fillet served on a bun with Relish and Side Salad
Wheat, sesame, gluten

Sweet Chilli Chicken served with Pasta. Wheat, gluten, may contain celery, mustard, soya.

Cheese \& Onion Pasty with Salad Wheat, milk

## Thursday

Lasagne served with Potato Wedges and Side Salad Wheat, milk, gluten, mustard, soya
Vegetarian Lasagne
served with Potato
Wedges and Side
Salad.
Wheat, milk,
mustard, soya,
gluten

Chicken Tikka Masala served with Rice
Celery, mustard, milk Wheat, soya, egg

Vegetarian Pizzas cheese \& tomato plus Pizzas with other toppings Wheat, milk, gluten

Vegan Fishless Fingers served with served with Chips \& Mushy
Wheat, gluten

## Friday

MSC Breaded Fish / Fisherman's Salmon Cakes served with Chips \& Mushy Peas Fish, wheat, gluten, mustard,

Pasta Bake served with Salad. Wheat, gluten, mustard, soya

Chicken or Vegetarian Quorn Enchiladas with Sala Wheat, gluten, soya, egg, barley

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| Dessert | Steamed Lemon | Flapjacks | Fruit Crumble served | Chocolate Sponge | Cookies |
| :--- | :--- | :--- | :--- | :--- | :--- |
|  | Sponge served with | Wheat, milk, gluten, | with Custard. | served with | Wheat, milk, eggs, |
|  | Custard | soya, oats | Wheat, milk, gluten | Custard | soya |
|  | Wheat, milk, gluten |  |  | Wheat, milk, gluten |  |

Fresh fruit, low fat yoghurts Milk will be available daily.
Jacket Potato served either plain or with a choice from a variety of fillings available daily: Tuna Mayo, Fish, eggs Cheese, Milk Baked Beans Salad - Various types of Salad available daily with a variety of fillings available daily: Tuna Mayo, Fish, eggs Cheese, Milk Turkey, Boiled Egg egg
Sandwiches \& Baguettes - With various types of filling available daily These products have allergen labels displayed.
Biscuits, Muffins \& Cake - Various types available daily. Allergens information upon request.
Free drinking water is available from the drinking fountains.
All menu items are subject to availability.

## Allergen Advice

For information about food allergies and intolerances, please ask a member of staff.
We store, produce and display food where allergens are handled and while we try to keep things separate, we cannot guarantee that any items is allergen free.

