

September 2024

**Week 1
Main Course**

Monday

Beef burger served in a Bun with Wedges & Salad
Wheat, sulphite & sesame

Tuesday

Lasagne served with Potato Wedges, Vegetables
Wheat, gluten, milk may contain mustard & soya

Wednesday

Breaded Chicken Breast Steak served with Herby Potatoes & Baked Beans / Salad
Wheat

Thursday

Cottage Pie served with Green Beans / Mixed Vegetables & Gravy
Milk, wheat & soya

Friday

Fish Fingers served with Chips & Mushy Peas
Fish & wheat,

Vegetarian

Quorn Southern Style Burger served in a Bun with Wedges & Salad
Wheat, eggs, milk & sesame

Vegetarian Lasagne served with Potato Wedges, Vegetables
Wheat, gluten, milk, eggs may contain mustard & soya

Vegetarian Nuggets served with Herby Potatoes & Baked Beans / Salad
Wheat, milk & egg

Vegetable Cottage Pie served with Green Beans / Mixed Vegetables & Gravy
Milk, wheat & soya

Fishless Fingers served with Chips & Mushy Peas
Wheat

Pasta / Rice

Chicken Tikka Curry served with Rice
Wheat, milk, gluten, Soya

Pasta Bake & slice of Garlic Bread
Wheat, gluten, may contain mustard & soya

Beef Bolognese served with Pasta.
Wheat, gluten, may contain mustard & soya

Pork Meatballs served with Pasta
Wheat, gluten, egg may contain mustard & soya

Korma Chicken Curry served with Rice
Milk

Snack

Chicken Wrap served with Salad
Wheat, milk, gluten, & egg

Various Paninis
Wheat, milk, gluten, may contain sesame & barley

Pizza
Wheat, milk, gluten

Jumbo Sausage Roll
Wheat, milk soya & metabisulphite

Various Paninis
Wheat, milk, gluten may contain sesame & barley

Dessert

Cookies
Wheat, oats, milk, eggs, gluten & soya,

Flapjacks
Wheat, oats, milk & soya

Shortcake / Cookies
Wheat, oats, milk, eggs, gluten & soya

Muffin
Wheat, milk soya & egg

Chocolate Crunch
Wheat, milk & egg

Jacket Potato served either plain or with a choice from a variety of fillings available daily: Tuna, Fish Cheese, Milk Baked Beans

Salad – Various types of Salad available daily. Tuna, Fish Cheese, Milk, Ham, Turkey & Boiled egg Egg

Fresh Fruit

Sandwiches, Baguettes, Tortilla & Wraps – With various types of filling available daily. Allergen labels displayed on the product

Meal Deal £2.20 - main meal which also includes pasta dishes, salad boxes, jacket potatoes filled with cheese or tuna, tortilla / hot wrap, cheese, tuna, turkey & ham sandwiches / baguettes, panini, plus either biscuit or muffin or fresh fruit.

Free drinking water is available from the drinking fountains.

All items subject to availability

**Week 2
Main Course**

Monday

Sausages served with Chips & Peas / Baked Beans
Wheat, gluten, milk, soya, sulphites & barley

Tuesday

Meat & Potato Pie served with Gravy, Mash & Vegetables
Wheat, gluten, barley, milk, soya & celery

Wednesday

Piri Piri Chicken Pot served with Rice & Bean Sala

Thursday

Hot Chicken Wrap served with Sweet Potatoes / Wedges
Wheat, egg gluten & milk

Friday

Fish Fingers served with Chips & Peas / Baked Beans
Wheat, fish, gluten, egg, milk & mustard

Vegetarian

Vegetarian sausages served with Chips & Peas / Baked Beans
Wheat, gluten, egg, soya & barley

Cheese Pie served with Mash Potato & Vegetables
Wheat, gluten, barley, milk, & soya

Piri Piri Quorn Pot served with Rice & Bean Sala
Egg

Vegetarian Chicken Wrap served with Sweet Potatoes / Wedges
Wheat, egg gluten & milk

Fishless Fingers served with Chips & Peas / Baked Beans
Wheat, gluten & fish

Pasta / Rice

Chicken Korma Curry served with Rice
Milk

Pork Meatballs served with Pasta
Wheat, gluten, egg may contain mustard & soya

Chicken Jalfrezi Curry served with Rice

Basilico Sauce served with Pasta & slice of Garlic Bread
Wheat, gluten, egg may contain mustard & soya

Chicken Tikka Curry served with Rice
Wheat, milk, gluten, Soya

Snack

Chicken Wrap served with Salad
Wheat, milk, gluten, & egg

Various Paninis
Wheat, milk, gluten, may contain sesame & barley

Jumbo Sausage Roll
Wheat, milk soya & metabisulphite

Pizza
Wheat, milk, gluten

Various Paninis
Wheat, milk, gluten, may contain sesame & barley

Dessert

Cookie
Wheat, oats, milk, eggs, gluten & soya

Flapjacks
Wheat, oats, milk & soya

Chocolate Crunch
Wheat, milk & egg

Muffin
Wheat, milk soya & egg

Mousse served with Shortbread
Wheat, milk & egg

Jacket Potato served either plain or with a choice from a variety of fillings available daily: Tuna, Fish Cheese, Milk Baked Beans

Salad – Various types of Salad available daily. Tuna, Fish Cheese, Milk, Ham, Turkey & Boiled egg Egg

Fresh Fruit

Sandwiches, Baguettes, Tortilla & Wraps – With various types of filling available daily. Allergen labels displayed on the product

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