

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Chicken Goujons served with Chips Baked Beans or Vegetables Wheat, gluten	Toad in the Hole / Cottage Pie served with a side of Herby Potatoes & Garden Peas Wheat, eggs, milk, soya, sulphites, gluten, barley	Mince Beef Pie served with Gravy, Mashed Potatoes, Peas & Sweetcorn Wheat, milk, celery, gluten, soya, barley	Roast Chicken Fillet served with New Potatoes / Mash & Mixed Vegetables Milk	Sweet & Sour Chicken Stir – Fry & Rice None
<b>Vegetarian</b>	Vegetarian Nuggets served with Chips and Baked Beans Wheat, gluten	Vegetarian Toad in the Hole / Vegan Cottage Pie served with a side of Herby Potatoes & Peas Wheat, gluten, eggs, milk, sulphites, soya, barley	Vegetarian Pie served with Gravy, Mashed Potatoes, Peas & Sweetcorn Wheat, milk, celery, barley, egg, gluten, soya, barley	Cheese Whirl served with New Potatoes / Mash & Mixed Vegetables Wheat, milk, egg, gluten	Vegan Sweet & Sour Stir – Fry & Rice None
<b>Pasta / Rice</b>	Traditional Macaroni Cheese served with Cauliflower & Broccoli Florets Wheat, mustard, milk, soya, gluten	Chicken Tikka Masala served with Rice Celery, milk, mustard, Wheat, soya, egg,	Pork Meatballs in Tomato Sauce served with Pasta. Wheat, eggs, gluten	Jerk BBQ Style Chicken served with Rice. Sulphites, mustard, barley, gluten	Chicken Korma served with Rice Milk, mustard

## Grab & Go

Cheese & Ham or  
Cheese & Tomato  
Panini

Wheat, milk, sesame,  
gluten

Chicken Tikka or  
Vegetarian Quorn  
Burrito with Salad

Wheat, soya, gluten,  
egg

Cheese & Onion or  
Chicken Wrap with  
Salad

Wheat, milk, gluten

Chicken or  
Vegetarian Quorn  
Enchiladas with Salad

Wheat, soya, gluten,  
barley

Vegetarian Pizzas  
cheese & tomato plus  
Pizzas with other  
toppings

Wheat, milk, gluten,

## Dessert

Cookies  
Milk, gluten, egg,  
soya, wheat, oats

Pineapple Upside  
Down Cake served  
with Custard.

Wheat, milk

Flapjacks  
Oats, gluten, milk,  
Barley, wheat

Eves Pudding  
served with  
Custard

Wheat, milk

Jam / Ring Doughnut  
Wheat, gluten, soya.

May contain egg,  
sesame, milk

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 **Available on 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.



Together to Net Zero.