

Monday

Main Course

Stir Fry Green Curry
Beef with Mouge Tout V VG GF DF
2 4 7 H

Arancini with Arrabiata
Sauce V VG GF DF
 H

Baked Potato
with Baked Beans V VG GF DF
 A

Sides

Peas V VG GF DF

Green Salad V VG GF DF

Vegetable Rice V VG GF DF

Dessert

Fresh Fruit V VG GF DF

Fruit Yogurt V VG GF DF
 7

Apple Pie and Cream V VG GF DF
 2 4 7

Tuesday

Main Course

Griddled Chcken Fillet V VG GF DF
DH

Cheese Omelette V VG GF DF

Pasta with Tomato
and Basil Sauce V VG GF DF
 2 A

Sides

Sweetcorn V VG GF DF

Ratatouille V VG GF DF

Boiled New Potatoes V VG GF DF
 247

Dessert

Fresh Fruit V VG GF DF

Fruit Yogurt V VG GF DF
 7

Strawberry Mousse
& Shortbread V VG GF DF
 247

Wednesday

Main Course

Roast Pork V VG GF DF

Sweet & Sour Bean
Curry V VG GF DF

Cheesy Pasta V VG GF DF
 4

Sides

Green Beans V VG GF DF

Braised Red Cabbage V VG GF DF

Roast Potatoes V VG GF DF

Dessert

Fresh Fruit V VG GF DF

Fruit Yogurt V VG GF DF
 7

Chocolate Brownie V VG GF DF
 j 4 7

Thursday

Main Course

Lunch in a Box V VG GF DF

V VG GF DF

V VG GF DF

Sides

V VG GF DF

V VG GF DF

V VG GF DF

Dessert

V VG GF DF

V VG GF DF

V VG GF DF

Friday

Main Course

Staff Inset Day V VG GF DF

V VG GF DF

V VG GF DF

Sides

V VG GF DF

V VG GF DF

V VG GF DF

Dessert

V VG GF DF

V VG GF DF

V VG GF DF

KEY: V = Vegetarian VG = Vegan GF = Gluten Free DF = Dairy Free

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt

ALLERGENS (using FSA codes): Celery¹, Cereals (Gluten)², Eggs⁴, Fish⁵, Milk⁷, Mustard⁹, Nuts¹⁰, Peanuts¹¹, Sesame Seeds¹², Soya¹³, Sulphites¹⁴

INTOLLERANCES: Tomato Products^A, Capiscum Products^B, Soft Fruit Products^C, Beef^P, Aubergine^E, Apple^F, Oranges^G, Onion^H, Pork^J

Please be aware we use all types of feeds in our kitchens. We have eliminated Palm Oil ingredients where currently possible. Substitute menus are available but may be an additional charge.