

## Monday

### Main Course

Pasta Bolognese with Garlic Bread  V  VG  GF  DF  
A H

Vegetarian Bolognese with Garlic Bread  V  VG  GF  DF  
2 7

Kedgeree and Bombay Potatoes  V  VG  GF  DF

### Sides

Wholemeal Rice  V  VG  GF  DF

Mix Vegetables  V  VG  GF  DF

Buttered Cougettes  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Jam Roly Poly  V  VG  GF  DF  
2 4 7

## Tuesday

### Main Course

Chicken Chow - Mein  V  VG  GF  DF  
2 A D H J

Plant Based Nuggets with Sweet N Sour  V  VG  GF  DF  
2 4 7

Crispy Pakoras  V  VG  GF  DF  
4 7

### Sides

Herbed Potatoes  V  VG  GF  DF  
4 7

Ratatouille  V  VG  GF  DF

Green Beans  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Carrort Cake topped with Mascarpone  V  VG  GF  DF  
2 4 7

## Wednesday

### Main Course

Roast Chicken  V  VG  GF  DF  
2 4 7

Goats Cheese & Relish Bake  V  VG  GF  DF  
2 4 7

Three Cheese Pasta Topped with Crumb  V  VG  GF  DF  
2 7 A

### Sides

Roast Potatoes  V  VG  GF  DF

Braised Red Cabbage  V  VG  GF  DF  
2 7

Buttered Carrots  V  VG  GF  DF  
7

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
7

Apple Crumble  V  VG  GF  DF  
2 4 7

## Thursday

### Main Course

Ham and Pea Arancini  V  VG  GF  DF  
2 7 5 H

Curried Spring Vegetarian Pilaf  V  VG  GF  DF

Sweet Chilli Hotdog and Sweet Onions  V  VG  GF  DF  
2 A B H J

### Sides

Seasoned Fries  V  VG  GF  DF  
7

Sweetcorn  V  VG  GF  DF

Spaghetti Hoops  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Banana Bread  V  VG  GF  DF  
2 4 7

## Friday

### Main Course

Battered Haddock  V  VG  GF  DF

Fish Curry and Fluffy Rice  V  VG  GF  DF  
2 7 A

Mushroom Strogenoff  V  VG  GF  DF  
7

### Sides

Oven Chips  V  VG  GF  DF

Baked Beans  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Date and Oat Slice  V  VG  GF  DF  
5 7

**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): Celery<sup>1</sup>, Cereals (Gluten)<sup>2</sup>, Eggs<sup>4</sup>, Fish<sup>5</sup>, Milk<sup>7</sup>, Mustard<sup>9</sup>, Nuts<sup>10</sup>, Peanuts<sup>11</sup>, Sesame Seeds<sup>12</sup>, Soya<sup>13</sup>, Sulphites<sup>14</sup>

**INTOLLERANCES:** Tomato Products<sup>4</sup>, Capiscum Products<sup>9</sup>, Soft Fruit Products<sup>5</sup>, Beef<sup>6</sup>, Aubergine<sup>5</sup>, Apple<sup>6</sup>, Oranges<sup>6</sup>, Onion<sup>4</sup>, Pork<sup>4</sup>

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.