Lunch Menu

Monday

Main Course

	V	VG	GF	DF
Spaghetti Bolognese and Garlic Bread				
2 A DH				
Indian Butter Chickpeas	☑			
a h				
Vegan Sausage Roll	☑			

Sides

	V	VG	GF	DF
Spaghetti				
Green Beans				
Peas				

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	☑	☑	☑	☑
Fruit Yogurt	☑			
7				
Chocolate Sponge				
2 4 7				

Tuesday

Main Course

	V	VG	GF	DF
Sausage Casserole with Herb Crumb				
H J				
Courgette Fritter with Mango Yogurt				
Baked Potato with Beans & Melting Cheese				

Sides

	V	VG	GF	DF
Mash Potato				
7				
Sweetcorn				
Mix Vegetables				

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	☑	☑	☑	
Fruit Yogurt	☑			
Bakewell Tart				
2 4 7				

Wednesday

Main Course

	V	VG	GF	DF
Roast Pork and Apple Sauce				
J				
Lemony Pesto Beans on Sourdough	☑			
7 2				
Chilli Potato Dog				
H J				

Sides

	V	VG	GF	DF
Roast Potatoes				
Cauliflower Cheese				
Braised Red Cabbage				

Dessert

	V	VG	GF	DF
Fresh Fruit	☑	☑	☑	
Fruit Yogurt	☑			
Carrot Cake				
2 4 7				

Thursday

Main Course

	V	VG	GF	DF
Chicken Stir -Fry				
4A D H				
Cheese and Tomato Arancini				
2 4 7				
Bacon and Tomato Pasta				
2 J A				

Sides

	V	VG	GF	DF
Salad Potatoes	☑			
Tender Stem Broccoli	☑			
Buttered Carrots	☑			

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	☑	☑	☑	☑
Fruit Yogurt	☑			
7				
Blackberry and Apple Pie	☑			
2 4 7				

Friday

Main Course

	V	VG	GF	DF
Battered Cod				
2 4 7 5				
BBQ Pulled Mushroom Burger				
2 7				
Cheese Omelette				
4				

Sides

	V	VG	GF	DF
Fries	☑			
Baked Beans	☑			
A				
Peas				

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	☑	☑	☑	☑
Fruit Yogurt	☑			
7				
Sticky Toffee Pudding	☑			
2 4 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 [1], Cereals (Gluten) [2], Eggs [4], Fish [5], Milk [7], Mustard [9], Nuts [10], Peanuts [11], Sesame Seeds [12], Soya [13], Sulphites [14]

INTOLLERANCES: Tomato Products [A], Capiscum Products [B], Soft Fruit Products [C], Beef [D], 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.