

# Lunch Menu

Week commencing:

## Monday

### Main Course

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

## Tuesday

### Main Course

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

## Wednesday

### Main Course

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

## Thursday

### Main Course

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

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): 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>

**INTOLERANCES:** 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>5</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.