

WEEK ONE w/c 31st October w/c 21st November w/c 12th December	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken Pasta in Tomato and Herb Sauce	_ CG NU(MC) PE(MC) CE(MC) _ _ _ _	Loaded Minced Beef Yorkshire Pudding served with Mashed Potatoes	CG EG MI _ MI CG _ _ _ _	Battered Chicken in a Bun served with Potato Cubes	CG CG SE(MC) CE(MC) MI(MC) SU(MC) _ _ _	Chicken and Rice Kebab in Pitta	_ _ _ CG MI _ _ _	Breaded Fillet of Fish with Chips and Peas	CG FI _ _ _ _ _
VEGETARIAN OPTION	Vegetable Pasta in Tomato and Herb Sauce	_ CG NU(MC) PE(MC) CE(MC) _ _ _ _	Loaded Quorn Yorkshire Pudding served with Mashed Potatoes	CG EG MI CG EG MI CG _ _ _ _	Vegetable Burger in a Bun served with Potato Cubes	CG CG SE(MC) CE(MC) MI(MC) SU(MC) _ _ _	Vegetable and Rice Kebab in Pitta	_ _ CG MI _ _ _	Cheese and Tomato Pizza served with Chips	CG MI _ _ _ _ _
JACKET POTATO	Jacket Potato with Vegetables in Tomato Sauce	_ CG NU(MC) PE(MC) CE(MC) _ _ _ _ _	Jacket Potato with Savoury Minced Beef and Vegetables	_ CG _ _ _ _ _	Jacket Potato with Chicken and Sweetcorn Mayonnaise	_ EG _ _ _ _ _	Jacket Potato with Spaghetti Hoops	_ CG _ _ _ _ _	Jacket Potato with Tuna Mayonnaise and Sweetcorn	_ FI EG MU _ _ _ _ _
JACKET POTATO	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _
DESSERT	Apple Crumble served with Custard	_ MI CG SO(MC) CG _ _ _ MI _	Chocolate Chip Muffin	CG EG MI SO(MC) MI(MC) SO _ _ _ _ _	Lemon Muffin	CG EG MI SO(MC) CG EG _ _ _ _ _	Chocolate Sponge and Custard	_ MI CG SO(MC) _ MI EG MI(MC) _ _	Gingerbread Man	CG MI(MC) NU(MC) SO(MC) _ _ _ _ _
WEEK TWO w/c 7th November w/c 28th November	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken Sausage with Roast Potatoes and Gravy	CG SU _ CG _ _ _ _ _	Beef Bolognese with Pasta	_ _ _ NU(MC) PE(MC) _ _ CG _ _	Cheese Burger served with Potato Cubes	CE CG SO SU MI CE(MC) MI(MC) SU(MC) CG SE(MC) _ _ _ _ _	Chicken and Vegetable Pie with Mashed Potato	_ _ CG MI CE(MC) _ _ _	Breaded Fish with Chips and Beans	CG FI _ _ _ _ _
VEGETARIAN OPTION	Vegan Sausage with Roast Potatoes and Gravy	SO _ _ CG _ _ _ _ _	Vegetable Bolognese with Pasta	_ _ _ NU(MC) PE(MC) _ _ CG _ _	Quorn Burger served with Potato Cubes	CG EG MI MI CE(MC) MI(MC) SU(MC) CG SE(MC) _ _ _ _ _	Quorn and Vegetable Pie with Mashed Potato	_ _ CG MI CE(MC) _ _ _	Cheese and Tomato Pizza served with Chips	CG MI _ _ _ _ _
JACKET POTATO	Jacket Potato with Spaghetti Hoops	_ CG _ _ _ _ _	Jacket Potato with Bolognese Sauce	_ CG _ _ _ _ _	Jacket Potato with Chicken and Sweetcorn Mayonnaise	_ EG _ _ _ _ _	Jacket Potato with Spaghetti Hoops	_ CG _ _ _ _ _	Jacket Potato with Tuna Mayonnaise and Cucumber	_ FI EG MU _ _ _ _ _
JACKET POTATO	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _
DESSERT	Cheese and Crackers	MI CG MI _ _ _ _ _	Vanilla Sponge with Custard	_ MI CG SO(MC) _ EG MI(MC) _ _ _	Chocolate Chip Cookie	CG EG MI SO(MC) MI(MC) SO _ _ _ _ _	Chocolate Chip Muffin	CG EG MI SO(MC) MI(MC) SO _ _ _ _ _	Warm Belgium Waffle	CG EG MI SO _ _ _ _ _
WEEK THREE w/c 14th November w/c 5th December	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken Dippers served with Potato Cubes	CG CE(MC) EG(MC) MI(MC) MU(MC) SE(MC) SO(MC) CE(MC) MI(MC) SU(MC) _ _ _ _ _	Chicken and Lentil Curry with Rice and Naan	_ MI _ _ NU(MC) PE(MC) _ MI CG(MC) _	Beef Cottage Pie with Vegetables and Gravy	_ _ CG MI CE(MC) _ _ _	Chicken and Vegetable Pasta in Carbonara Sauce	_ _ CG _ _ NU(MC) PE(MC) _ _ _	Breaded Fish with Chips and Beans	CG FI _ _ _ _ _
VEGETARIAN OPTION	Cheese and Tomato Pizza served with Potato Cubes	CG MI CE(MC) MI(MC) SU(MC) _	Vegetable and Lentil Curry with Rice and Nann	_ MI MI _ NU(MC) PE(MC) _ CG(MC) _ _	Vegetable Cottage Pie with Gravy	_ _ CG MI CE(MC) _ _ _	Vegetable and Pasta Carbonara	CG _ _ _ NU(MC) PE(MC) _ _ _	Cheese and Tomato Pizza served with Chips	CG MI _ _ _ _ _
JACKET POTATO	Jacket Potato with Spaghetti Hoops	_ CG _ _ _ _ _	Jacket Potato with Vegetable and Lentil Curry	_ CG(MC) MI(MC) NU(MC) PE(MC) _ _ _ _ _	Jacket Potato with Spaghetti Hoops	_ CG _ _ _ _ _	Jacket Potato with Vegetables in a Creamy Sauce	_ CG NU(MC) PE(MC) _ _ _ _ _	Jacket Potato with Tuna Mayonnaise and Cucumber	_ FI EG MU _ _ _ _ _
JACKET POTATO	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _	Jacket Potato with Cheese and Beans	_ MI _ _ _ _ _
DESSERT	Fruit Crumble and Cream	_ CG SO(MC) CG _ MI _ _ _	Jam Sponge with Custard	MI CG SO(MC) _ EG MI(MC) MI _ MI _	Lemon Muffin	CG EG MI SO(MC) CG EG _ _ _ _ _	White Chocolate Cookie	CG EG MI SO(MC) MI(MC) SO _ _ _ _ _	Gingerbread Man	CG MI(MC) NU(MC) SO(MC) _ _ _ _ _

- Please Note:**
1. A Jacket Potato with beans is available daily which contains no allergens unless cheese is added which contains Milk.
 2. Fruit/Fruit Bags are available daily as an alternative to the dessert offered.
 3. To ensure quality of the dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu.
 4. Although our menus are nut free we cannot guarantee against airborne traces.
 5. Vegetables or salad are served with every meal.
 6. Bread is available each day to complement the meal unless it is already a feature of the main meal

Allergen Key
MC = May Contain

Celery		CE
Cereal Gluten		CG
Crustaceans		CR
Egg		EG
Fish		FI
Lupin		LU
Sulphur Dioxide (Sulphites)		SU

Milk		MI
Molluscs Shellfish		MO
Mustard		MU
Nuts		NU
Peanuts		PE
Sesame Seeds		SE
Soya		SO