

Meals Menu

Two Courses



What's on the Menu - Week 1



	Chef's Special	Vegetarian Option	Vegetables	Carbs	Jacket Potato	Sandwiches	Puddings
Meat Free MONDAY	Cheese & Tomato Pastry Parcel GLUTEN, WHEAT, MILK	Vegetable Nuggets GLUTEN, WHEAT	Seasonal Vegetables Salad Bar	Diced Potatoes Or Pasta GLUTEN, WHEAT	Tuna FISH Cheese MILK	GLUTEN, BARLEY, WHEAT SESAME Cheese MILK Or Egg EGG	Butterscotch Tart GLUTEN, WHEAT, EGG, MILK, Fresh Fruit Ice Cream Yogurt MILK
TUESDAY	Savoury Mince with Yorkshire Pudding GLUTEN, WHEAT, MILK, EGG	Vegan sausage & Gravy GLUTEN, WHEAT,	Seasonal Vegetables Salad Bar	Mashed Potato Jacket Wedges GLUTEN, WHEAT	Cheese MILK & Beans	Cheese & Tomato MILK	Cheese & Biscuits GLUTEN, WHEAT, MILK Fresh Fruit Ice Cream Yogurt MILK
Roast Dinner WEDNESDAY	Gammon Slice & Pineapple	Mac & 3 Cheese Bake With Garlic Bread GLUTEN, WHEAT, MILK, SOYA	Seasonal Vegetables Salad Bar	Roast Potatoes Or Pasta GLUTEN, WHEAT	Cheese MILK & Tuna Crunch EGG, FISH, MUSTARD	Cheese MILK Or Ham	Treacle sponge & Custard GLUTEN, WHEAT, EGG, MILK, Fresh Fruit Ice Cream Yogurt MILK
THURSDAY	Chicken Burger in a Linseed Bun GLUTEN, WHEAT, MILK, EGG SESAME SEED, SOYA, TREE NUT	Vegetable Korma Curry & Rice MILK	Seasonal Vegetables Salad Bar	Potato Puffs Or Pasta GLUTEN, WHEAT	Cheese MILK & Coleslaw EGG, MUSTARD	Cheese MILK & Ham	Mandarin Cheesecake GLUTEN, WHEAT, EGG, SOYA, MILK Fresh Fruit Ice Cream Yogurt MILK
Fabulous Fishy FRIDAY	Battered Fish & Tomato Sauce GLUTEN, WHEAT, FISH	Cheese & Tomato Panini MILK, GLUTEN, WHEAT, BARLEY, SESAME	Seasonal Vegetables Salad Bar	Chips Or Pasta GLUTEN, WHEAT	Cheese MILK & Beans	Cheese MILK Or Tuna FISH	Arctic Roll & Strawberry Sauce GLUTEN, WHEAT, EGG, SOYA, MILK Fresh Fruit Ice Cream Yogurt MILK

What's on the Menu-Week 2



	Chef's Special	Vegetarian Option	Vegetables	Carbs	Jacket Potato	Sandwiches	Puddings
Meat Free MONDAY	Bagel Pizza GLUTEN, WHEAT, MILK, RYE, BARLEY	Tomato & Vegetable pasta With Garlic Bread GLUTEN, WHEAT, EGG, MILK	Seasonal Vegetables Salad Bar	Hash Brown Or Pasta GLUTEN, WHEAT	Cheese MILK & Beans	BARLEY, WHEAT, GLUTEN, SESAME Cheese MILK Or Tuna FISH	Vegetarian Fruit Jelly Fresh Fruit Ice Cream Yogurt MILK
TUESDAY	Minced Beef Taco	Cheese & Onion Slice GLUTEN, WHEAT, MILK, SOYA, MUSTARD	Seasonal Vegetables Salad Bar	Potato Wedges Or Pasta GLUTEN, WHEAT	Cheese MILK & Tuna Crunch FISH, EGG, MUSTARD	Cheese MILK Or Egg	Meringue Nest & Fruit EGG, MILK Fresh Fruit Ice Cream Yogurt MILK
Roast Dinner WEDNESDAY	Venison Sausage, Yorkshire Pudding & Gravy GLUTEN, WHEAT, EGG, MILK	Enchiladas WHEAT, GLUTEN, OATS, MILK	Seasonal Vegetables Salad Bar	Mashed Potatoes Or Pasta GLUTEN, WHEAT	Cheese MILK & Coleslaw EGG, MUSTARD	Cheese MILK Or Ham	Marble Sponge & Custard GLUTEN, WHEAT EGG, MILK Fresh Fruit Ice Cream Yogurt MILK
THURSDAY	Chicken & Vegetable Pie With Gravy GLUTEN, WHEAT	Vegan Dippers GLUTEN, WHEAT	Seasonal Vegetables Baked Beans Salad Bar	Hash Browns Or Pasta GLUTEN, WHEAT	Cheese MILK & Tuna FISH	Cheese MILK Or Tuna FISH	Rice Pudding & Jam MILK, SULPHUR DIOXIDE Fresh Fruit Ice Cream Yogurt MILK
Fabulous Fishy FRIDAY	Cod Fish Fingers & Tomato Sauce GLUTEN, WHEAT, FISH	Cheese Omelette EGG, MILK	Seasonal Vegetables Salad Bar	Chips Or Pasta GLUTEN, WHEAT	Cheese MILK & Beans	Cheese MILK Or Ham	Butter Croissant GLUTEN, WHEAT, EGG, MILK, SOYA Fresh Fruit Ice Cream Yogurt MILK

What's on the Menu - Week 3



	Chef's Special	Vegetarian Option	Vegetables	Carbs	Jacket Potato	Sandwiches	Puddings
Meat Free MONDAY	Vegan Sausage Roll GLUTEN, WHEAT	Quorn Lasagne GLUTEN, WHEAT, EGG, MILK	Seasonal Vegetables Salad Bar	Potato Puffs Or Pasta GLUTEN, WHEAT	Cheese MILK & Beans	BARLEY, WHEAT, GLUTEN, SESAME Cheese MILK Or Egg	Strawberry Mousse MILK Fresh Fruit Ice Cream Yogurt MILK
TUESDAY	Venison Burger In a Mini Bun WHEAT, GLUTEN, BARLEY, SOYA, TREE NUT, EGG, MILK, SESAME SEED	Quorn & Vegetable Cobbler GLUTEN, WHEAT, MILK,	Seasonal Vegetables Salad Bar	Rice Or Pasta GLUTEN, WHEAT	Cheese MILK & Coleslaw EGG, MUSTARD	Ham Or Tuna FISH	Flapjack OATS Fresh Fruit Ice Cream Yogurt MILK
Roast Dinner WEDNESDAY	Roast Turkey, Stuffing & Gravy GLUTEN, WHEAT, OATS	Mediterranean Tagliatelle & Garlic Bread GLUTEN, WHEAT, MILK, SOYA	Seasonal Vegetables Salad Bar	Roast Potatoes Or Pasta GLUTEN, WHEAT	Cheese MILK & Tuna FISH	Cheese MILK & Ham	Chocolate Muffin GLUTEN, WHEAT, EGG, Fresh Fruit Ice Cream Yogurt MILK
THURSDAY	Katsu Curry & Rice WHEAT, GLUTEN, MILK	Filled potato Skins MILK	Seasonal Vegetables Salad Bar	New Potatoes Or Pasta GLUTEN, WHEAT	Cheese MILK & Tuna FISH	Egg & Tuna FISH	Iced Donut GLUTEN, WHEAT, RYE, BARLEY, SOYA, SESAME SEEDS, MILK, EGG Fresh Fruit Ice Cream Yogurt MILK
Fabulous Fishy FRIDAY	Fish Fingers & Tomato Sauce GLUTEN, WHEAT, FISH	Quorn Paella EGG	Seasonal Vegetables Salad Bar	Chips Or Pasta GLUTEN, WHEAT	Cheese MILK & Beans	Panini Cheese MILK & Ham	Vegan Sweet Pancake & Sauce GLUTEN, WHEAT Fresh Fruit Ice Cream Yogurt MILK