






















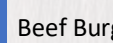














































WEEK 1

ALLERGY SYMBOLS

-  Celery
-  Crustaceans
-  Fish
-  Eggs
-  Lupin
-  Milk
-  Gluten Free
-  Cereals containing Gluten
-  Mustard
-  Nuts
-  Peanuts
-  Sesame Seeds
-  Soya
-  Sulphur Dioxide

	MON	TUE	WED	THUR	FRI
MAIN	Chicken Meatballs with Onion Gravy  Pork Hot Pot 	Cumberland Sausages  Chicken Drumsticks in Piri or BBQ 	Roast Pork  Fish Cakes 	Tandoori Butter Chicken Curry 	Fish & Chips/Wedges (Curry Sauce or Beans)  Quiche Lorraine 
VEG	Vegetable Pasta Bake  Spicy Bean Burgers  Filled Omelette 	Veggie Sausages  Yorkshire Puddings  Veggie Burger 	Cauliflower & Broccoli Cheese Bake  Cheese & Onion Slice  Spring Roll  Stir Fry Noodles 	Quorn Dippers  Spinach Chickpea Rogan Josh Curry  Vegetable Bake 	Macaroni Cheese  Beef Burgers 
VEG	Mash  Rice Mixed Veg Beans/Cheese 	Mixed Veg Beans/Cheese 	Mixed Veg/Winter Roasted Veg  Beans/Cheese 	Mixed Veg Beans/Cheese 	Mixed Veg Beans/Cheese 
GRAB & GO	Selection of Panni's  Some panni's have fish & eggs (ask staff for details)	Selection of Panni's  Some panni's have fish & eggs (ask staff for details)	Selection of Panni's  Some panni's have fish & eggs (ask staff for details)	Selection of Panni's  Some panni's have fish & eggs (ask staff for details)	Selection of Panni's  Some panni's have fish & eggs (ask staff for details)
	Pasta King  (+  If having cheese) Soup & Roll 	Pasta King  (+  If having cheese) Soup & Roll 	Pasta King  (+  If having cheese) Soup & Roll 	Pasta King  (+  If having cheese) Soup & Roll 	Pasta King  (+  If having cheese) Soup & Roll 
	Chicken Curry, Rice & Naan 	Chicken Curry, Rice & Naan 	Chicken Curry, Rice & Naan 	Chicken Curry, Rice & Naan 	Chicken Curry, Rice & Naan 
	Mini Fillet Wrap with Salad 	Chicken Burgers 	Chicken Bite Wraps with Salad  Sausage Rolls 	Hot Dogs (Large)  Veggie Hot Dogs 	Marinated Chicken Wraps with Salad 
PUD	Apple Crumble 	Jam Sponge 	Chocolate Sponge 	Syrup Sponge 	Apple Turnover 

Allergens - please advise a member of kitchen staff if you suffer from any allergies. We can then advise you of the contents of the dishes we have available.