

This week's menu



Week One Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Piri piri Chicken	Roast pork and seasoning with a Yorkshire pudding (gluten, egg, dairy)	Lamb Tagine and jewelled cous cous (gluten, sulphites)	Mexican Burritos (gluten)	Battered Fish of the day (gluten, fish) with tartar sauce
Special diets	Piri piri Chicken	Roast Pork	Lamb Tagine	Chilli and rice	Gluten free Battered fish
Meat free and vegan	Piri piri seasoned tofu (Soya)	Vegan meat - loaf (soya)	Sweet Potato and pepper Tagine with Jewelled Cous Cous (gluten, sulphites)	Vegetarian Burritos (gluten)	Salt and pepper battered vegetables
On the side	Rice Sweetcorn Sauté Mediterranean vegetables	Roast Potatoes Carrots Broccoli	Moroccan style potatoes Spring vegetables Cumin carrots	Green Beans Courgette Sweetcorn	Chips Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	Pasta in a creamy sauce (Gluten , dairy) Jacket potato with toppings	Pasta in a tomato sauce (gluten) Jacket Potato with toppings	Pesto Pasta (gluten) Jacket potato with toppings	Pasta of the day (gluten) Jacket Potato with toppings	Tuna Pasta (gluten, fish, egg) Jacket potato with toppings
Dessert	Jam Sponge and Custard (egg , Gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	chocolate cake (gluten, dairy, soya, egg) Fresh fruit, yoghurt (dairy) or Jelly also available	Carrot Cake with cream cheese frosting (gluten, egg, dairy) Fresh fruit, yoghurt (dairy) or Jelly also available	Vanilla Slice (gluten, egg) Fresh fruit , yoghurt (dairy) or Jelly also available	Fruit Tart (gluten) Fresh fruit , yoghurt (dairy) or Jelly also available

This week's menu

Week Two Lunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Chicken burger (gluten , dairy)	Roast Beef and Yorkshire Pudding (gluten , egg , dairy)	Pulled pork wraps (gluten)	Cuban Ham fricassee (dairy , gluten)	Battered Fish of the day (gluten , fish) with tartar sauce
Special diets	Chicken	Roast Beef	Gluten free wrap with pulled pork	Ham fricassee	Gluten free Battered fish
Meat free and vegan	Bean Burger (gluten)	Stuffed peppers with quinoa and roasted vegetables	Wrap with pulled jackfruit with beans (gluten)	Roasted chickpea and vegetable Filo tart (gluten)	Spicy Tahini and maple syrup roasted Aubergine (sesame seeds)
On the side	Potato Wedges Coleslaw (egg) Seasonal veg	Roast Potatoes Carrots Cabbage	Oven baked wedges Sauté peppers and courgettes Herby green vegetable medley	Rice and beans Tender stem Broccoli ratatouille	Chips Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	pasta with tomato (gluten) and basil sauce Jacket potato with toppings	Pasta of the day (gluten) Jacket potato and toppings	Ham and mushroom carbonara (gluten , dairy) Jacket potato with toppings	Vegetable Pasta (gluten) Jacket potato with toppings	Tuna and sweet corn pasta (gluten , fish) Jacket Potato with toppings
Dessert	Apple and courgette cake (gluten ,egg Fresh fruit , yoghurt (dairy) or Jelly also available	Squidgy chocolate pear pudding (eggs, gluten) Fresh fruit , yoghurt (dairy)or Jelly also available	Flapjack (sulphites , mc gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	Jamaican banana Bread (gluten, dairy) Fresh fruit, yoghurt (dairy)or Jelly also available	Jam crumble slice (gluten) Fresh fruit , yoghurt (dairy)or Jelly also available

This week's menu

Week Three Lunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Pasta Bolognaise (gluten)	Roasted Ham and Parsley sauce (gluten , dairy)	Chicken Korma	Pork Stroganoff (dairy)	Battered Fish of the day (gluten , fish) with tartar sauce
Special diets	Gluten free bolognaise	Roasted Ham	Korma flavoured Chicken	Pork Casserole	Gluten free Battered fish
Meat free and vegan	Vegan Bolognaise (gluten)	Mushroom and Tarragon Polenta cake with tomato sauce	Cauliflower and Chickpea Korma	Mushroom Stroganoff (dairy)	Layered Vegetable and tofu bake
On the side	Garlic Bread (gluten) Sweetcorn Carrots	Roast potatoes Cabbage Roasted Veg	Rice Naan Bread (gluten, dairy) Lentil Dahl Butternut Squash Chilli Pasta (gluten)	Rice Peas and sweetcorn Broccoli	Chips Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	Jacket potato with toppings	Pasta in tomato sauce (gluten) Jacket Potato with toppings	Jacket potato with toppings	Cheesy Pasta (gluten ,dairy) Jacket Potato with Topping	Plain Pasta (gluten) Jacket Potato with topping
Dessert	Lemon Drizzle Cake (gluten , eggs) Fresh fruit , yoghurt (dairy) or Jelly also available	Chocolate fudge cake (gluten eggs, dairy) Fresh fruit , yoghurt (dairy)or Jelly also available	Fruit sponge and Cream (gluten, eggs, dairy) Fresh fruit , yoghurt (dairy)or Jelly also available	Nut Free Bakewell Tart (eggs , gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	Chocolate Crunch (Soya, dairy, gluten) Fresh fruit , yoghurt (dairy) or Jelly also available