

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	Lemon and Garlic chicken	Roast pork and seasoning with a Yorkshire pudding (gluten , egg ,dairy)	Curried Bratwurst (gluten , sulphites)	Beef chimichanga's (gluten)	Battered Fish of the day or Homemade fishcakes (gluten , fish) with tartar sauce
Special diets	Lemon and Garlic chicken	Roast Pork			Gluten free Battered fish
Meat free and vegan	Lemon and chicken Tofu (Soya)	Vegan meat - loaf (soya)	Curried Vegan Bratwurst (gluten, sulphites)	Black Bean chimichanga's (gluten)	Salt and pepper battered vegetables
On the side	Rice Sweetcorn Sauté Mediterranean vegetables	Roast Potatoes Carrots Broccoli	Garlic wedges Pickled vegetables Spring greens	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	Beef burger (gluten , dairy)	Roast Ham and Yorkshire Pudding (gluten , egg , dairy)	Chicken in Black bean sauce (gluten)	Breaded Pork schnitzel (dairy , gluten) with mushroom sauce	Battered Fish of the day (gluten , fish) with tartar sauce
Special diets	beefburger	Roast Ham	Chicken		Gluten free Battered fish
Meat free and vegan	Bean Burger (gluten)	Stuffed peppers with quinoa and roasted vegetables	Vegetables in black bean sauce	Breaded Tofu Schnitzel (gluten, soya dairy) with mushroom sauce	Spicy Tahini and maple syrup roasted Aubergine (sesame seeds)
On the side	Potato Wedges Coleslaw (egg) Seasonal veg	Roast Potatoes Carrots Cabbage	Rice Noodles Chinese style vegetables	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	Bacon and cauliflower pasta (gluten , dairy)	Roasted Chicken Leg	Pork kung po (peanut alternative)	Lebanese beef shawarma	Battered Fish of the day or Thai fish curry (gluten , fish) with tartar sauce
Special diets					Gluten free Battered fish
Meat free and vegan	Butternut squash and cauliflower pasta (gluten)	Mushroom and Tarragon Polenta cake with tomato sauce	Vegetable kung po	Lebanese Arnabeet (roasted cauliflower)	Thai vegetable curry
On the side	Garlic Bread (gluten) Sweetcorn Carrots	Roast potatoes Cabbage Roasted Veg	Rice Chinese inspired greens Chilli edamame beans	Rice Peas and sweetcorn Broccoli	Chips Rice Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	Jacket potato with toppings	Pasta in tomato sauce (gluten) Jacket Potato with toppings	Chilli Pasta (gluten) 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