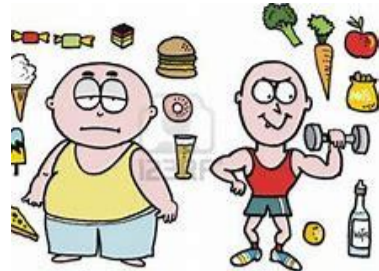




# SMART CHOICES



Tues



**Cumberland Sausage<sup>1</sup> with Gravy (Gluten Free Option Available on Request)**



**Spiced Bean Burgers<sup>2</sup> in a Bap<sup>3</sup> With Tomato Salsa**



or

**Jacket Potato or Pasta<sup>4</sup> Of The Day**



**Mashed Potatoes**



&

**Baked Beans & Garden Peas**



**Salad Bar**



**Bread<sup>5</sup>**



**Mousse<sup>6</sup>**



**Yoghurt<sup>7</sup>**



**Fresh Fruit**

## ALLERGEN INFORMATION

<sup>1</sup> Contains Gluten (Wheat) & Sulphites

<sup>2</sup> Contains Mustard, Milk, Gluten (Barley), Gluten (Wheat)

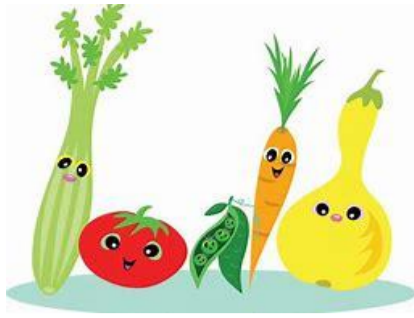
<sup>3</sup> Contains Gluten (Wheat)

<sup>4</sup> Contains Gluten (Wheat)

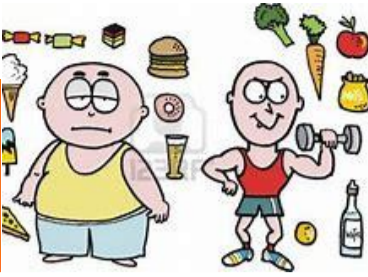
<sup>5</sup> Contains Gluten (Wheat), Soya Bean

<sup>6</sup> Contains Milk

<sup>7</sup> Contains Milk



**SMART CHOICES**



**Wed**



**Roast Loin Of Pork with Sage & Onion Stuffing<sup>8</sup> and Apple Sauce**



**Vegetarian Biryani<sup>9</sup>**



or

**Jacket Potato or Pasta<sup>10</sup> Of The Day**



**Roast Potatoes**



&

**Cauliflower Florets & Green Beans**



**Salad Bar**



**Bread<sup>11</sup>**



**Fruit Jelly**



**Yoghurt<sup>12</sup>**



**Fresh Fruit**

**ALLERGEN INFORMATION**

<sup>8</sup> Contains Gluten (Wheat)

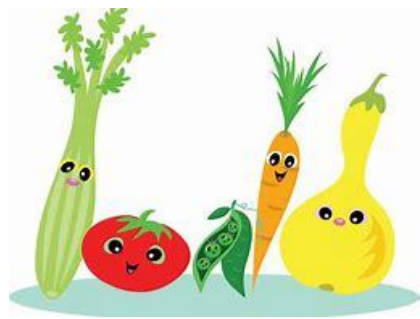
<sup>9</sup> Contains Celery

<sup>10</sup> Contains Gluten (Wheat)

<sup>11</sup> Contains Gluten (Wheat), Soya Bean

<sup>12</sup> Contains Milk





# SMART CHOICES



Thu



**Hoisin Chicken Stir Fry<sup>13</sup> with Steamed Rice**



**Southern Fried Quorn Burger<sup>14</sup> in a Burger Roll with Coleslaw<sup>15</sup> And New Potatoes**



**Jacket Potato or Pasta<sup>16</sup> Of The Day**



**Garden Peas and Carrots**



**Salad Bar**



**Bread<sup>17</sup>**



**Reduced Sugar Cherry Sponge<sup>18</sup> & Custard<sup>19</sup> (Gluten Free Option Available on Request)**



**Yoghurt<sup>20</sup>**



**Fresh Fruit**

## ALLERGEN INFORMATION

<sup>13</sup> Contains Soya Bean, Gluten (Wheat)

<sup>14</sup> Contains Gluten(Wheat), Egg, Milk

<sup>15</sup> Contains Gluten (Wheat), Egg & Milk

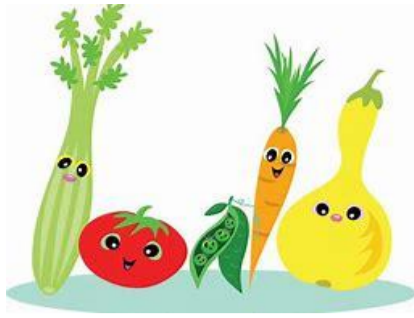
<sup>16</sup> Contains Gluten (Wheat)

<sup>17</sup> Contains Gluten (Wheat), Soya Bean

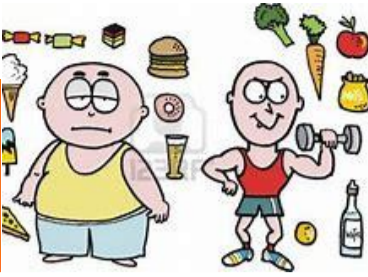
<sup>18</sup> Contains Eggs & Gluten (Wheat)

<sup>19</sup> Contains Milk

<sup>20</sup> Contains Milk



# SMART CHOICES



Fri



**Baked Sweet Chilli Salmon<sup>21</sup>**



**Macaroni And Tomato Bake<sup>22</sup> (Gluten free Option Available)**



or



**Jacket Potato or Pasta<sup>23</sup> Of The Day**



**Chips**



&



**Baked Beans & Broccoli Florets**



**Salad Bar**



**Bread<sup>24</sup>**



**Ice Cream Roll<sup>25</sup>**



**Yoghurt<sup>26</sup>**



**Fresh Fruit**

## ALLERGEN INFORMATION

<sup>21</sup> Contains Fish (Salmon), Soya Bean, Gluten (Wheat)

<sup>22</sup> Contains Gluten (Wheat), Milk

<sup>23</sup> Contains Gluten (Wheat)

<sup>24</sup> Contains Gluten (Wheat), Soya Bean

<sup>25</sup> Contains Eggs, Milk & Gluten (Wheat)

<sup>26</sup> Contains Milk