



MONDAY



Reduced Fat Beef Burgers in a Bap¹ (Gluten Free Roll Available on Request)



&

Quorn and Bean Bolognese² with Pasta³ (Gluten Free Pasta Available on Request)



Jacket Potato



Potato Wedges



&

Baked Beans & Garden Peas & Sweetcorn



Salad Bar



Bread⁴



Reduced Sugar Cinnamon & Raisin Cookie⁵ (Gluten Free Option Available on request)



Yoghurt⁶



Fresh Fruit

ALLERGEN INFORMATION

¹ Contains (Gluten (Wheat))

² Contains Gluten (Barley), Egg

³ Contains Gluten (Wheat)

⁴ Contains Gluten (Wheat), Soya Bean

⁵ Contains Eggs & Gluten (Wheat)

⁶ Contains Milk



TUESDAY



Chicken Curry of The Week⁷ with Steamed Rice



Quorn Vegan Nuggets⁸ with Barbeque Sauce⁹ and Rice



Jacket Potato or Pasta¹⁰ Of The Day



Cauliflower Florets & Green Beans



Salad Bar



Bread¹¹



Date Slice¹² & Custard¹³ (Gluten Free Option Available on request)



Yoghurt¹⁴



Fresh Fruit

ALLERGEN INFORMATION

⁷ Contains Mustard

⁸ Contains Gluten (Wheat)

⁹ Contains Soya Bean, Gluten (Barley), Gluten (Wheat), Celery

¹⁰ Contains Gluten (Wheat)

¹¹ Contains Gluten (Wheat), Soya Bean

¹² Contains Gluten (Wheat), Gluten (Oats)

¹³ Contains Milk

¹⁴ Contains Milk



WEDNESDAY



Roast Chicken Breast with Sage & Onion Stuffing Balls¹⁵



Vegetarian Sausage¹⁶ Casserole



Jacket Potato or Pasta¹⁷ Of The Day



Roast Potatoes



Brussel Sprouts & Baton Carrot



Salad Bar



Bread¹⁸



Ring Doughnuts¹⁹ (Gluten Free Option Available on Request)



Yoghurt²⁰



Fresh Fruit

ALLERGEN INFORMATION

¹⁵ Contains Gluten (Wheat)

¹⁶ Contains Soya Bean, Celery

¹⁷ Contains Gluten (Wheat)

¹⁸ Contains Gluten (Wheat), Soya Bean

¹⁹ Contains Gluten (Wheat), Eggs

²⁰ Contains Milk



THURSDAY



West African Beef Stew



Vegetarian Quiche²¹ (Gluten Free Option Available on Request²²)



or

Jacket Potato or Pasta²³ of The Day



Mashed Potatoes & Mixed Vegetables



Salad Bar



Bread²⁴



&



Reduced Sugar Fruit Crumble²⁵ with Custard²⁶ (Gluten Free Option Available on Request)



Yoghurt²⁷



Fresh Fruit

ALLERGEN INFORMATION

²¹ Contains Mustard

²² Contains Gluten (Wheat), Milk, Eggs

²³ Contains Gluten (Wheat)

²⁴ Contains Gluten (Wheat), Soya Bean

²⁵ Contains Gluten (Wheat)

²⁶ Contains Milk

²⁷ Contains Milk



FRIDAY



Fish In Breadcrumbs²⁸ (Gluten Free Option Available on Request)



Rice and Bean Burrito²⁹ (Gluten Free Option Available on Request)



or

Jacket Potato or Pasta³⁰ Of The Day



Chips



&

Baked Beans & Garden Peas



Salad Bar



Bread³¹



Fruit Salad



Yoghurt³²



Fresh Fruit

ALLERGEN INFORMATION

²⁸ Contains Fish (Pollack), Gluten (Wheat)

²⁹ Contains Gluten (Wheat)

³⁰ Contains Gluten (Wheat)

³¹ Contains Gluten (Wheat)

³² Contains Milk, Soya Bean