

WEEK ONE w/c 6th Jan w/c 27th Jan	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef pasta bolognese	#N/A	Chicken sausage hot dog in a bun served with potato cubes	CG SU CG SE(MC) CE(MC) MI(MC) SU(MC) _____	Cheese burger served with potato wedges	CE EG SO SU MI CE(MC) MI(MC) SU(MC) CG SE(MC) _____	Chicken Nuggets served with Potatoes and Vegetables	CG SO CE(MC) MI(MC) SU(MC) _____	Fish fillet served with chips	CG FI SO _____
VEGETARIAN OPTION	Vegetarian pasta Bolognese	#N/A	Vegan dog in a bun served with potato cubes	SO CG SE(MC) CE(MC) MI(MC) SU(MC) _____	Veg burger served with potato wedges	CG EG MI CE(MC) MI(MC) SU(MC) CG SE(MC) _____	Southern Fried Vegi-Bites served with Potato Cubes	CG CE(MC) MI(MC) SU(MC) SU _____	Cheese and tomato pizza served with chips	CG MI SO _____
JACKET POTATO	Jacket potato with tuna mayonnaise and cucumber	_FI EG MU _____	Jacket potato with chicken and sweetcorn mayonnaise	_EG _____	Jacket potato with spaghetti hoops	_CG _____	Jacket Potato with Tuna Mayonnaise and Sweetcorn	_FI EG MU _____	Jacket potato with spaghetti hoops	_CG _____
JACKET POTATO	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket Potato with Cheese and Beans	_MI _____	Jacket potato with cheese and Beans	_MI _____
DESSERT	Vanilla muffin	CG EG MI NU(MC) PE(MC) SO(MC) SU(MC) _____	Chocolate brownie cake	CG EG SO(MC) NU(MC) _____	Apple crumble served with custard	_MI CG SO(MC) CG ___ MI _	Milk Chocolate Cookie	CG EG MI SO NU(MC) _____	Warm Belgian waffle	#N/A
WEEK TWO w/c 13th Jan w/c 3rd Feb	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef meatballs served with pasta	CG CG _____	Chicken sausage and baked bean casserole	CG SU ___ CE(MC) ____	Chicken burger served with and potato wedges	CG EG SO(MC) SE(MC) CG SE(MC) _____	Chicken noodle chow mein	CG EG SO	Fish fillet served with chips	CG FI SO _____
VEGETARIAN OPTION	Vegan balls served with pasta	SO CG _____	Vegan sausage with roast potatoes and gravy	SO ___ CG _____	Veg Burger served with potato wedges	CG EG MI CE(MC) MI(MC) SU(MC) CG SE(MC) _____	Vegetable noodle chow mein	CG EG SO	Cheese and tomato pizza served with chips	CG MI SO _____
JACKET POTATO	Jacket potato with tuna mayonnaise and cucumber	_FI EG MU _____	Jacket potato with chicken and sweetcorn mayonnaise	_EG _____	Jacket potato with spaghetti hoops	_CG _____	Jacket potato with tuna mayonnaise and sweetcorn	_FI EG MU _____	Jacket potato with spaghetti hoops	_CG _____
JACKET POTATO	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____
DESSERT	Blueberry muffin	CG EG MI(MC) PE(MC) SO(MC) SU(MC) NU(MC) _____	Chocolate brownie cake	CG EG SO(MC) NU(MC) _____	Homemade sponge cake served with cream	_MI CG SO(MC) EG MI MI(MC) _ MI _	Milk chocolate cookie	CG EG MI SO NU(MC) _____	Warm Belgian waffle	#N/A
WEEK THREE w/c 20th Jan w/c 10th Feb	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken pasta in a tomato and basil sauce	_CG ___ CE(MC) ___	Roast chicken served with roast potatoes, Yorkshire pudding and gravy	___ CG EG MI CG _____	Chicken dippers served with potato wedges	CG CE(MC) EG(MC) MI(MC) MU(MC) SE(MC) SO(MC) _____	Cheese burger served with potato cubes	CE CG SO SU MI CG SE(MC) CE(MC) MI(MC) SU(MC) _____	Fish fillet served with chips	CG FI SO _____
VEGETARIAN OPTION	Vegetable pasta in a tomato and basil sauce	_CG ___ CE(MC) ___	Quorn fillet served with roast potatoes, Yorkshire pudding and gravy	CG ___ CG EG MI CG _____	Quorn dippers served with potato wedges	CG _____	Veg burger served with potato cubes	CG EG MI ___ CG SE(MC) CE(MC) MI(MC) SU(MC) _____	Cheese and tomato pizza served with chips	CG MI SO _____
JACKET POTATO	Jacket potato with tuna mayonnaise and cucumber	_FI EG MU _____	Jacket potato with chicken and sweetcorn mayonnaise	_EG _____	Jacket potato with spaghetti hoops	_CG _____	Jacket potato with tuna mayonnaise and sweetcorn	_FI EG MU _____	Jacket potato with spaghetti hoops	_CG _____
JACKET POTATO	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____	Jacket potato with cheese and beans	_MI _____
DESSERT	Chocolate muffin	CG EG MI SE NU(MC) SE(MC) SO(MC) SU(MC) _____	Chocolate brownie cake	CG EG SO(MC) NU(MC) _____	Apple crumble served with custard	_MI CG SO(MC) CG ___ MI _	Milk chocolate cookie	CG EG MI SO NU(MC) _____	Warm Belgian waffle	#N/A

Please Note:

1. A Jacket Potato with beans is available daily which contains no allergens unless cheese is added which contains Milk.
2. Fruit/Fruit Bags are available daily as an alternative to the dessert offered.
3. To ensure quality of the dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu.
4. Although our menus are nut free we cannot guarantee against airborne traces.
5. Vegetables or salad are served with every meal.
6. Bread is available each day to complement the meal unless it is already a feature of the main meal

Allergen Key

MC = May Contain

Celery		CE
Cereal Gluten		CG
Crustaceans		CR
Egg		EG
Fish		FI
Lupin		LU
Sulphur Dioxide (Sulphites)		SU

Milk		MI
Molluscs Shellfish		MO
Mustard		MU
Nuts		NU
Peanuts		PE
Sesame Seeds		SE
Soya		SO