

## Monday

### Main Course

Italian Style Lasagne  V  VG  GF  DF  
with Garlic Bread 27 A H

Vegetarian Lasagne  V  VG  GF  DF  
with Garlic Bread 27 A H

Three Cheese  V  VG  GF  DF  
Pasta 27 H

### Sides

Seasoned Fries  V  VG  GF  DF

Sweetcorn  V  VG  GF  DF

Buttered Courgettes  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Choux Bun  V  VG  GF  DF

## Tuesday

### Main Course

Sweet and Sour  V  VG  GF  DF  
Chicken Balls 247 A

Battered Veggie Balls  V  VG  GF  DF  
with Sweet and Sour 27

Baked Potato with  V  VG  GF  DF  
Baked Beans & Cheese 7

### Sides

Boiled Rice  V  VG  GF  DF  
47

Spaghetti Hoops  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Strawberries &  V  VG  GF  DF  
Cream 4

## Wednesday

### Main Course

Roast Meats and  V  VG  GF  DF  
Yorkshire Pudding 24 J

Veggie Roast and  V  VG  GF  DF  
Yorkshire Pudding 247

Tomato and Basil  V  VG  GF  DF  
Pasta 27 A

### Sides

Roast Potatoes  V  VG  GF  DF

Butter Carrots  V  VG  GF  DF  
27

Sauted Hispi Cabbage  V  VG  GF  DF  
7

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
7

Ice Cream Cone  V  VG  GF  DF  
247

## Thursday

### Main Course

Next Level Chicken  V  VG  GF  DF  
Burger 247 h

Next Level Veggie  V  VG  GF  DF  
Burger 247

V  VG  GF  DF  
47

### Sides

Oven Chips  V  VG  GF  DF  
7

V  VG  GF  DF

V  VG  GF  DF

### Dessert

V  VG  GF  DF

V  VG  GF  DF

V  VG  GF  DF

## Friday

### Main Course

Staff Day  V  VG  GF  DF

V  VG  GF  DF

V  VG  GF  DF

### Sides

V  VG  GF  DF

V  VG  GF  DF

V  VG  GF  DF

### Dessert

V  VG  GF  DF

V  VG  GF  DF

V  VG  GF  DF

**KEY:** V = Vegetarian VG = Vegan GF = Gluten Free DF = Dairy Free

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt

**ALLERGENS** (using FSA codes): Celery<sup>1</sup>, Cereals (Gluten)<sup>2</sup>, Eggs<sup>4</sup>, Fish<sup>5</sup>, Milk<sup>7</sup>, Mustard<sup>9</sup>, Nuts<sup>10</sup>, Peanuts<sup>11</sup>, Sesame Seeds<sup>12</sup>, Soya<sup>13</sup>, Sulphites<sup>14</sup>

**INTOLERANCES:** Tomato Products<sup>4</sup>, Capiscum Products<sup>9</sup>, Soft Fruit Products<sup>5</sup>, Beef<sup>6</sup>, Aubergine<sup>5</sup>, Apple<sup>6</sup>, Oranges<sup>6</sup>, Onion<sup>4</sup>, Pork<sup>4</sup>

Please be aware we use all types of feeds in our kitchens. We have eliminated Palm Oil ingredients where currently possible. Substitute menus are available but may be an additional charge.