

## Monday

### Main Course

Spicy Stir - Fry Chicken  V  VG  GF  DF  
2 13 A B H

Roasted Vegetables with Griddled Halloumi  V  VG  GF  DF  
7

Tomato and Basil Pasta  V  VG  GF  DF  
4 7

### Sides

Pasta  V  VG  GF  DF  
2

Charred Broccoli  V  VG  GF  DF

Buttered Courgettes  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Steamed Chocolate Sponge  V  VG  GF  DF  
2 4 7

## Tuesday

### Main Course

Lasagne with Garlic Bread  V  VG  GF  DF  
7 H J

Veggie Rainbow Slice  V  VG  GF  DF  
2 4 7

Lentil Dahl  V  VG  GF  DF  
2 7

### Sides

Mash Potato  V  VG  GF  DF  
4 7

Hispi Cabbage  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Lemon Drizzle Sponge  V  VG  GF  DF  
2 4 7

## Wednesday

### Main Course

Roast Chicken  V  VG  GF  DF  
2 4 7 D

Katsu Aubergine Noodles  V  VG  GF  DF  
2 7 A H

3 Cheese Quiche  V  VG  GF  DF  
2 7

### Sides

Roast Potatoes  V  VG  GF  DF

Cauliflower Cheese  V  VG  GF  DF  
2 7

Baton Carrots  V  VG  GF  DF  
7

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
   
7

Lemon Meringue Pie  V  VG  GF  DF  
2 4 7

## Thursday

### Main Course

Sticky 5 spice PorkBelly with Ginger & Plum  V  VG  GF  DF  
13 9

Egg Goats Cheese & Chilli Jam Tart  V  VG  GF  DF  
2 4 7

Glamorgan Sausage with Butter Bean Cream  V  VG  GF  DF  
2 4 7

### Sides

Rice  V  VG  GF  DF

Sweetcorn  V  VG  GF  DF

Green Beans  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
   
7

Tiramisu  V  VG  GF  DF  
2 4 7

## Friday

### Main Course

Creamy Fish Pie  V  VG  GF  DF  
2 4 7 5

Cod Goujons  V  VG  GF  DF  
2 4 7 5

Vegan Slice  V  VG  GF  DF  
7

### Sides

Oven Fries  V  VG  GF  DF

Baked Beans  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
   
7

Jam Doughnut  V  VG  GF  DF  
2 7

**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.