





















































	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Roast Chicken	Roast Pork & Stuffing 	All Day Breakfast (Gluten Free Sausage, Bacon, Omelette)	Roast Turkey & Stuffing 	Fish Or Salmon Fishcake      
OPTION 2	Cornish Pasty    	Chicken Fajita 	 	Spaghetti Bolognese  	Chicken Korma  
VEGETARIAN OPTION	Vegetable Stir Fry & Noodles   	Cheese Pasty    	Vegetarian Sausage Omelette   	Macaroni Cheese  	Cheese Or Vegetable Quiche    
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Beans & Tomatoes	Seasonal Vegetables	Beans Or Mushy Peas
POTATOES / CARBOHYDRATES	Roast Potatoes	Roast Potatoes	Bread  	Roast Potatoes	Rice Or Chips
DESSERTS	Chocolate Sponge & Custard    	Plain Shortcake & Custard   	Flapjack & Custard  	Iced Sponge & Custard    	Assorted Puddings

ALLERGENS



CELERY / CELERIAC



EGGS



MILK



NUTS



SOYBEANS



CEREALS CONT. GLUTEN



FISH



MOLLUSCS



PEANUTS



SULPHUR DIOXIDE



CRUSTACEANS



LUPINS














































MUSTARD



SESAME SEEDS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages (Gluten Free)	Roast Turkey & Stuffing 	Burger in a Bun   	Roast Pork & Stuffing 	Fish or Jumbo Fish Fingers      
OPTION 2	Hunters Chicken	Chilli Con Carne	Chicken Korma  	Cornish Pasty    	Chicken Tikka 
VEGETARIAN OPTION	Vegetable Korma  	Cheese Pasty    	Cheese & Tomato Pizza  	Tomato Pasta Bake  	Cheese Or Vegetable Quiche    
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Beans or Sweet Corn	Seasonal Vegetables	Beans Or Mushy Peas
POTATOES / CARBOHYDRATES	Roast Potatoes	Roast Potatoes	Potato Wedges 	Roast Potatoes	Rice Or Chips
DESSERTS	Marble Sponge & Custard    	Chocolate Crunch & Custard  	Flapjack & Custard  	Rice Pudding or Chocolate Sponge   	Assorted Puddings

ALLERGENS



CELERY / CELERIAC



EGGS



MILK



NUTS



SOYBEANS



CEREALS CONT. GLUTEN



FISH



MOLLUSCS



PEANUTS



SULPHUR DIOXIDE



CRUSTACEANS



LUPINS



MUSTARD



SESAME SEEDS



EVERY DAY

SANDWICHES

All sandwiches in a choice of wholemeal bread or white baguette.

Tuna



Egg



Cheese



Ham



Turkey



Crabstick



PASTA POTS



A pot of pasta with a different choice of sauce.

Arrabbiata (VEGETARIAN)

Basilico (VEGETARIAN)

Spicy Sausage

Pepperoni

Chicken Tikka

Chicken Italiana

Italian Meatballs

Mexican Meatballs

Beef Bolognese

ALLERGENS



CELERY / CELERIAC



EGGS



MILK



NUTS



SOYBEANS



CEREALS CONT. GLUTEN



FISH



MOLLUSCS



PEANUTS



SULPHUR DIOXIDE



CRUSTACEANS



LUPINS



MUSTARD



SESAME SEEDS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION

Burger



Pizza



Hot Dog



Burger



Pizza



PANINI

Ham & Cheese



BBQ Chicken



Meatball Baguette



Crispy Chicken Wrap



Every Day

DESSERTS

Muffins



ALLERGENS



CELERY / CELERIAC



EGGS



MILK



NUTS



SOYBEANS



CEREALS CONT. GLUTEN



FISH



MOLLUSCS



PEANUTS



SULPHUR DIOXIDE



CRUSTACEANS



LUPINS



MUSTARD



SESAME SEEDS