

WEEK ONE w/c 4th Nov w/c 25th Nov w/c 16th Dec	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef Spaghetti Bolognese	___ NU(MC) PE(MC) ___ CG CG MI(MC) SE(MC) _	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 CG SO SU MI CE(MC) MI(MC) SU(MC) CG SE(MC) _ _ _ _ _	Chicken Nuggets served with Potatoes and Vegetables	CE(MC) CG EG(MC) MI(MC) MU(MC) SO(MC) CE(MC) MI(MC) SU(MC) _ _ _ _ _	Fish Fillet served with Chips	CG FI SO _ _ _ _ _
VEGETARIAN OPTION	Quorn Spaghetti Bolognese	___ NU(MC) PE(MC) ___ CG _ CG EG	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) _ _ _ _ _	BBQ Vegetable Nuggets served with Rice	CG 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) _ _ _ _ _	Warm Belgium Waffle	CG EG MI SO _ _ _ _ _	Chocolate Brownie Cake	CG EG SO(MC) NU(MC) _ _ _ _ _	Milk Chocolate Cookie	CG EG MI SO NU(MC) _ _ _ _ _	Mini Oat Flapjack	CG EG(MC) MI(MC) PE(MC) SO(MC) SU(MC) NU(MC) _ _ _ _ _
WEEK TWO w/c 11th Nov w/c 2nd Dec	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken Meatballs with pasta in a tomato sauce	CG _ _ _ _ CG _ _ _	Chicken Sausage with Roast Potatoes and Gravy	CG SU _ CG _ _ _ _ _	Chicken Burger served with potato wedges	CG EG SO(MC) SE(MC) CG SE(MC) _ _ _ _ _	Chicken Tikka Curry with Rice and Naan	_ CG MI MI _ _ _ _ _	Fish Fillet served with Chips	CG FI SO _ _ _ _ _
VEGETARIAN OPTION	Vegan meatballs with pasta in a tomato sauce	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 Tikka Curry with Rice and Naan	_ CG MI MI _ _ _ _ _	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) _ _ _ _ _	Warm Belgium Waffle	CG EG MI SO _ _ _ _ _	Chocolate Brownie Cake	CG EG SO(MC) NU(MC) _ _ _ _ _	Milk Chocolate Cookie	CG EG MI SO NU(MC) _ _ _ _ _	Mini Oat Flapjack	CG EG(MC) MI(MC) PE(MC) SO(MC) SU(MC) NU(MC) _ _ _ _ _
WEEK THREE w/c 18th Nov w/c 9th Dec	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Chicken Pasta in a Tomato and Basil Sauce	_ CG _ _ _ CE(MC) _ _ _	Chicken Korma with Rice and Naan	_ CG MI MI _ _ _ _ _	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) _ _ _	Vegetable Korma with Rice and Naan	_ CG MI MI _ _ _ _ _	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) _ _ _ _ _	Warm Belgium Waffle	CG EG MI SO _ _ _ _ _	Chocolate Brownie Cake	CG EG SO(MC) NU(MC) _ _ _ _ _	Milk Chocolate Cookie	CG EG MI SO NU(MC) _ _ _ _ _	Mini Oat Flapjack	CG EG(MC) MI(MC) PE(MC) SO(MC) SU(MC) NU(MC) _ _ _ _ _

- 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