

This week's menu



Week One Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Harissa Chicken	Roast pork and seasoning with a Yorkshire pudding (gluten , egg ,dairy)	Beef and Mushroom pie (gluten)	Beef Quesadilla (gluten, dairy)	Battered Fish of the day or Homemade fishcakes (gluten , fish) with tartar sauce
Special diets	Harissa chicken	Roast Pork	Meat free pie		Gluten free Battered fish
Meat free and vegan	Harissa Tofu (Soya)	Vegan meat - loaf (soya)	Vegetable pie (gluten)	Mixed bean Quesadilla (gluten)	Salt and pepper battered vegetables
On the side	Rice Sweetcorn Sauté Mediterranean vegetables	Roast Potatoes Carrots Broccoli	Mash Green beans Cauliflower cheese	Courgette Sweetcorn Carrots	Chips Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	Pasta in a creamy sauce (Gluten , dairy) Jacket potato with toppings	Pasta in a tomato sauce (gluten) Jacket Potato with toppings	Pesto Pasta (gluten) Jacket potato with toppings	Pasta of the day (gluten) Jacket Potato with toppings	Tuna Pasta (gluten ,fish, egg) Jacket potato with toppings
Dessert	Jam Sponge and Custard (egg , Gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	Sticky Toffee Pudding (gluten , dairy , soya ,egg) Fresh fruit , yoghurt (dairy) or Jelly also available	Gypsy Tart (gluten , egg , dairy) Fresh fruit , yoghurt (dairy) or Jelly also available	Jam Roly Poly (gluten, egg) Fresh fruit , yoghurt (dairy) or Jelly also available	Fruit Tart (gluten) Fresh fruit , yoghurt (dairy) or Jelly also available

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Week Two Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Chicken Burger (gluten , dairy)	Roast Ham and Yorkshire Pudding (gluten , egg , dairy)	Beef Curry (gluten)	Breaded Pork schnitzel (dairy , gluten) with mushroom sauce	Battered Fish of the day (gluten , fish) with tartar sauce
Special diets	Chicken	Roast Ham	Beef Curry		Gluten free Battered fish
Meat free and vegan	Bean Burger (gluten)	Stuffed peppers with quinoa and roasted vegetables	Chickpea and spinach Curry	Breaded Tofu Schnitzel (gluten, soya dairy) with mushroom sauce	Spicy Tahini and maple syrup roasted Aubergine (sesame seeds)
On the side	Potato Wedges Coleslaw (egg) Seasonal veg	Roast Potatoes Carrots Cabbage	Rice Indian style vegetables with butternut squash Naan bread	Rice and beans Tender stem Broccoli ratatouille	Chips Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	pasta with tomato (gluten) and basil sauce Jacket potato with toppings	Pasta of the day (gluten) Jacket potato and toppings	Ham and mushroom carbonara (gluten , dairy) Jacket potato with toppings	Vegetable Pasta (gluten) Jacket potato with toppings	Tuna and sweet corn pasta (gluten , fish) Jacket Potato with toppings
Dessert	Apple and courgette cake (gluten ,egg Fresh fruit , yoghurt (dairy) or Jelly also available	Pink Jam Slice (eggs , gluten) Fresh fruit , yoghurt (dairy)or Jelly also available	Flapjack (sulphites , mc gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	Apple strudel (gluten, dairy) Fresh fruit , yoghurt (dairy)or Jelly also available	Jam crumble slice (gluten) Fresh fruit , yoghurt (dairy)or Jelly also available

This week's menu



Week Three Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course	Bolognaise Pasta Bake (gluten , dairy)	Roasted Chicken Leg	Pork and butterbean cassoulet	Lebanese beef shawarma	Battered Fish of the day or Thai fish curry (gluten , fish) with tartar sauce
Special diets					Gluten free Battered fish
Meat free and vegan	Vegetarian pasta Bake (gluten)	Mushroom and Tarragon Polenta cake with tomato sauce	Vegetable cassoulet	Lebanese Arnabeet (roasted cauliflower)	Thai vegetable curry
On the side	Garlic Bread (gluten) Sweetcorn Carrots	Roast potatoes Cabbage Roasted Veg	Chunky Bread Winter vegetables	Rice Peas and sweetcorn Broccoli	Chips Rice Minted peas or Mushy Peas Baked beans
Pasta and jacket potato	Jacket potato with toppings	Pasta in tomato sauce (gluten) Jacket Potato with toppings	Chilli Pasta (gluten) Jacket potato with toppings	Cheesy Pasta (gluten ,dairy) Jacket Potato with Topping	Plain Pasta (gluten) Jacket Potato with topping
Dessert	Lemon Drizzle Cake (gluten , eggs) Fresh fruit , yoghurt (dairy) or Jelly also available	Chocolate fudge cake (gluten eggs, dairy) Fresh fruit , yoghurt (dairy)or Jelly also available	Coconut Tray Bake (gluten ,eggs,dairy) Fresh fruit , yoghurt (dairy)or Jelly also available	Nut Free Bakewell Tart (eggs , gluten) Fresh fruit , yoghurt (dairy) or Jelly also available	Banana Cake (,dairy,gluten) Fresh fruit , yoghurt (dairy) or Jelly also available