

WEEK ONE w/c 5th January w/c 26th January	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef pasta bolognese served with garlic bread	CG_0_0__CG MI(MC) SE(MC)_	Loaded minced beef yorkshire pudding served with mashed potatoes	CG EG MI _ MI CG(MC) EG(MC) SO(MC) CG _ --	Chicken sausage hot dog in a bun served with potato cubes	CG SU CG SE(MC) CE(MC) MI(MC) SU(MC) _ ----	Chicken tikka curry with rice and naan	CG MI MI _ ----	Fish fillet served with chips	CG FI SO _ ----
VEGETARIAN OPTION	Vegetarian pasta bolognese served with garlic bread	CG EG CG_0_0__CG MI(MC) SE(MC)_	Loaded quorn yorkshire pudding served with mashed potatoes	CG EG MI _ CG EG MI CG(MC) EG(MC) SO(MC) CG _ ----	Vegan dog in a bun served with potato cubes	SO CG SE(MC) CE(MC) MI(MC) SU(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	Mini Vanilla Muffin	MI EG CG NU(MC) PE(MC) SO(MC) SU(MC) _ --	Mini Chocolate Brownie	MI EG CG SO _ --	Apple crumble served with custard	MI EG CG SO(MC) _ -- MI _	Cheese and Crackers	MI CG MI _ ----	Warm Belgian waffle	CG EG MI SO _ ----
WEEK TWO w/c 12th January w/c 2nd February	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef chilli served with rice	MI(MC) MU(MC) SO(MC) _ --	Chicken sausage with mashed potatoes, yorkshire pudding and gravy	CG SU CG EG MI _ MI CG(MC) EG(MC) SO(MC) CG _ --	Chicken korma with rice and naan	CG MI MI _ ----	Chicken pasta in a tomato and basil sauce	CG _ _0_	Fish fillet served with chips	CG FI SO _ ----
VEGETARIAN OPTION	Vegetable chilli served with rice	CG EG _ _ MI(MC) MU(MC) SO(MC) _ --	Vegan sausage with mashed potatoes, yorkshire pudding and gravy	SO CG EG MI _ MI CG(MC) EG(MC) SO(MC) CG _ --	Vegetable korma with rice and naan	CG MI MI _ ----	Vegetable pasta in a tomato and basil sauce	CG _ _0_	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	Mini Vanilla Muffin	MI EG CG NU(MC) PE(MC) SO(MC) SU(MC) _ --	Jelly and cream	MI _ ----	Mini Chocolate Brownie	MI EG CG SO _ --	Cheese and Crackers	MI CG MI _ ----	Warm Belgian waffle	CG EG MI SO _ ----
WEEK THREE w/c 19th January w/c 9th February	Monday	Allergens	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
MAIN	Beef lasagne served with garlic bread	CG EG(MC) CE(MC) CG EG(MC) MI MU(MC) SO(MC) D CG MI(MC) SE(MC) _	Chicken korma with rice and naan	CG MI MI _ ----	Chicken fajita wraps served with potato cubes and corn	CG CE(MC) MI(MC) SU(MC)	Chicken dippers served with rosti potato bites	CG SO CG(MC) EG(MC) MI(MC) _ ----	Fish fillet served with chips	CG FI SO _ ----
VEGETARIAN OPTION	Vegetable lasagne served with garlic bread	CG EG(MC) CE(MC) CG EG(MC) MI MU(MC) SO(MC) D CG MI(MC) SE(MC) _	Vegetable korma with rice and naan	CG MI MI _ ----	Vegetable fajita wraps served with potato cubes and corn	CG CE(MC) MI(MC) SU(MC)	Quorn Dippers served with Rosti Potato Bites	CG CG(MC) EG(MC) MI(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	Mini Vanilla Muffin	MI EG CG NU(MC) PE(MC) SO(MC) SU(MC) _ --	Mini Chocolate Brownie	MI EG CG SO _ --	Apple crumble served with custard	MI EG CG SO(MC) _ -- MI _	Cheese and Crackers	MI CG MI _ ----	Warm Belgian waffle	CG EG MI SO _ ----

**Please Note**

**FOOD NOTES:**

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. In the case of alternative dishes/ingredients, any change of allergen presence will be notified.
4. Although our menus are not free we cannot guarantee against airborne traces.
5. Vegetables or salad are served with every meal .
6. Wholemeal Bread is available each day to complement the meal unless bread is already a feature of the main meal

### Allergen Key

**Allergen Key**

Celery	 CELERY	CE
Cereal Gluten	 CEREAL GLUTEN	CG
Crustaceans	 CRUSTACEANS	CR
Egg	 EGG	EG
Fish	 FISH	FI
Lupin	 LUPIN	LU
Sulphur Dioxide (Sulphites)	 SULPHUR DIOXIDE	SU

Milk		MI
Molluscs Shellfish		MO
Mustard		MU
Nuts		NU
Peanuts		PE
Sesame Seeds		SE
Soya		SO