



WEEK ONE w/c 3rd November w/c 24th November w/c 15th December	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	Milk chocolate cookie	CG EG MI SO _ _ _ _ _	Jelly and cream	_MI _ _ _ _ _	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 10th November w/c 1st December	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	Milk chocolate cookie	CG EG MI SO _ _ _ _ _	Jelly and cream	_MI _ _ _ _ _	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 THREE w/c 17th November w/c 8th December	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) 0 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) 0 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	Milk chocolate cookie	CG EG MI SO _ _ _ _ _	Jelly and cream	_MI _ _ _ _ _	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:**
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 nut free we cannot guarantee against airborne traces.
 5. Vegetables or salad are served with every meal.
 6. Wholemeal Breadis available each day to complement the meal unless bread 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