

| Monday      |                                             | Dietary                                                                                | Allergens |
|-------------|---------------------------------------------|----------------------------------------------------------------------------------------|-----------|
| Soup        | Tomato                                      | V, VE, GF                                                                              |           |
| Main        | Roast Chicken, Mustard and Herb Cream sauce |  GF | D, M      |
| Pot Meal    | Pasta Bolognese                             |                                                                                        | G         |
| Vegetarian  | Cheese, Chive and Tomato Stuffed jackets    | V                                                                                      | D         |
| Hot pudding | Treacle Sponge                              | V,                                                                                     | G, D, E   |
| Pizzini     | Cheese and Tomato or Spicy Chicken          | V                                                                                      | D, G      |

| Tuesday     |                                        | Dietary                                                                             | Allergens |
|-------------|----------------------------------------|-------------------------------------------------------------------------------------|-----------|
| Soup        | Leek and Potato                        | V, VE, GF                                                                           |           |
| Main        | Slow Cooked Beef, Redwine and Rosemary | GF                                                                                  |           |
| Pot Meal    | Chicken Chow Mein                      |  | G, E, S   |
| Vegetarian  | Sweet and Sour Veg, Steamed Rice       | V, VE, GF                                                                           |           |
| Hot pudding | Chocolate Brownie                      | V                                                                                   | D, G, E   |
| Panini      | Pepperoni or Cheese and Tomato         |                                                                                     | D, G      |

| Wednesday   |                                    | Dietary                                                                                | Allergens |
|-------------|------------------------------------|----------------------------------------------------------------------------------------|-----------|
| Soup        | Sweet Potato, Cumin, Coconut       | V, VE, GF                                                                              |           |
| Main        | Sausage and Mash, Onion Gravy      | GF                                                                                     |           |
| Pot Meal    | Chicken and Sweet Potato Curry     | GF  |           |
| Vegetarian  | Mac and Cheese                     | V                                                                                      | D, G, M   |
| Hot pudding | Mixed Fruit Crumble                | V                                                                                      | D, G      |
| Panini      | Spicy chicken or Cheese and tomato |                                                                                        | D, G,     |

| Thursday    |                                      | Dietary                                                                                  | Allergens |
|-------------|--------------------------------------|------------------------------------------------------------------------------------------|-----------|
| Soup        | Minestrone                           | V, VE, GF                                                                                |           |
| Main        | Cottage Pie                          | GF  |           |
| Pot Meal    | Spaghetti Carbonara                  |                                                                                          | G, D      |
| Vegetarian  | Hot Honey Roast Vegetable Flatbreads | V, VE,                                                                                   | G         |
| Hot pudding | Pineapple Upside Down                |                                                                                          | D, E, G   |
| Panini      | Pesto Chicken or Cheese & Tomato     | V                                                                                        | D, G,     |

| Friday      |                                           | Dietary   | Allergens          |
|-------------|-------------------------------------------|-----------|--------------------|
| Soup        | Vegetable                                 | V, VE, GF |                    |
| Main        | Hot Dogs, Onions and Potato Wedges        |           | G                  |
| Pot Meal    | Seafood Paella                            | GF        | D, C, CE, F, MO, S |
| Vegetarian  | Roast Red Pepper Quiche, Wedges and Salad | V,        | G, E               |
| Hot pudding | Rice Pudding                              |           | D                  |
| Pizzini     | Spicy Chicken or Cheese and Tomato        |           | D, G               |