






Monday		Dietary	Allergens
Soup	Pea & Mint	V, VE, GF	
Main	Slow Roast Chicken, Tomato and Caper Sauce	GF 	
Pot Meal	Beef Chow Mein		G, E, S
Vegetarian	Macaroni cheese	V,	D, G
Hot pudding	Treacle sponge	V,	D, E, G
Pizzini	Cheese and Tomato Pizzini/ Spicy Chicken	V	D, G

Tuesday		Dietary	Allergens
Soup	Chunky vegetable and lentil	V, VE, GF	
Main	Fish pie, parsley, and mustard sauce	GF	F, D, M
Pot Meal	Spaghetti Bolognese		G
Vegetarian	Vegetable curry	V, VE, GF	
Hot pudding	Apple and berry crumble	V	D, G
Panini	Pepperoni or Cheese and Tomato		D, G

Wednesday		Dietary	Allergens
Soup	Spiced carrot and parsnip	V, VE, GF	
Main	Toad in the Hole	GF	G, D, E
Pot Meal	Chicken Korma	GF 	D
Vegetarian	Veggie toad in the hole	V, VE	D, E, G
Hot pudding	Chocolate sponge pudding	V	D, G, E
Panini	Spicy chicken or Cheese and tomato		D, G

Thursday		Dietary	Allergens
Soup	Tomato	V, VE, GF	
Main	Honey Chilli Chicken Skewer, Egg Fried Rice, Sweet and Sour Sauce	GF 	D
Pot Meal	Meatballs, Pasta, Tomato Sauce		G
Vegetarian	Cauliflower and broccoli mornay	V	D, G
Hot pudding	Lemon Meringue		G, E
Panini	Pesto Chicken or Cheese & Tomato	V	D, G

Friday		Dietary	Allergens
Soup	Vegetable	V, VE, GF	
Main	Chicken Burgers, Lettuce, Mayo		G
Pot Meal	Chilli Con Carne, Salsa, SourCream, Tortilla Chips	GF	D
Vegetarian	Mushroom and Halloumi Burger, Basil Aioli	V	G, D
Hot pudding	Rice Pudding		D, G
Panini	Cheese and Tomato Pizzini/ Spicy Chicken		D, G