

Monday		Dietary	Allergens
Soup	Pea and Mint	V, VE, GF	
Main	Beef Goulash, Steamed Rice	 GF	
Pot Meal	Chicken Korma		D
Vegetarian	Mac and Cheese	V	G, D, M
Hot pudding	Apple and Cinnamon Crumble	V,	G, D
Pizzini	Cheese and Tomato or Spicy Chicken	V	D, G

Tuesday		Dietary	Allergens
Soup	Vegetable and Lentil	V, VE, GF	
Main	Fish Pie, Parsley and Mustard Sauce	GF	D, M
Pot Meal	Mince Beef and Potato Filled Yorkshire	GF option	G
Vegetarian	Cauliflower and Broccoli Mornay	V	D, G
Hot pudding	Chocolate Sponge	V	D, G, E
Panini	Pepperoni or Cheese and Tomato		D, G

Wednesday		Dietary	Allergens
Soup	Tomato and Basil	V, VE, GF	
Main	Roast Pork Loin	GF	
Pot Meal	Spaghetti and Meatballs		G
Vegetarian	Cheese and Onion Quiche	V	D, G, E
Hot pudding	Bakewell Tart	V	D, G, E
Panini	Spicy chicken or Cheese and tomato		D, G,

Thursday		Dietary	Allergens
Soup	Mexican Mixed Bean	V, VE, GF	
Main	Honey Chilli Chicken Kebab, Egg fried Rice, Curry Sauce	 GF option	G, E
Pot Meal	Beef Lasagne		G, D
Vegetarian	Thai Red Curry	V, VE, GF	
Hot pudding	Sprinkle Sponge Cake		D, E, G
Panini	Pesto Chicken or Cheese & Tomato	V	D, G,

Friday		Dietary	Allergens
Soup	Vegetable	V, VE, GF	
Main	Chicken Parmo, Tomato Sauce, Cheddar Cheese		G, D
Pot Meal	Chilli Con Carne, Salsa, Sourcream, Tortilla Chips	GF	D
Vegetarian	Vegetable Stirfry	V, VE, GF	S
Hot pudding	Rice Pudding		D
Pizzini	Spicy Chicken or Cheese and Tomato		D, G