

Monday		Dietary	Allergens
Soup	Tomato and Roast Pepper	VE, GF	
Main	Jerk Chicken, Rice, Peas Pineapple Salsa	GF 	
Pot Meal	Spaghetti Bolognese		G, F
Vegetarian	Goats Cheese and Cherry Tomato Quiche		E, G, D
Hot pudding	Mixed Fruit Crumble	V,	G, D,
Pizzini	Spicy Chicken or Cheese and Tomato	V	D, G

Tuesday		Dietary	Allergens
Soup	Mushroom	VE, GF	
Main	Mince Beef and Potato Pie		D, G, E
Pot Meal	Chicken and Chorizo Bake	GF 	D
Vegetarian	Sweet and Sour Vegetables	VE, GF	
Hot pudding	Pear Frangipane	V	D, G,
Panini	Pepperoni or Cheese and Tomato		D, G

Wednesday		Dietary	Allergens
Soup	Leek and Potato	VE, GF	
Main	Roast Gammon, Mushroom Pepper sauce	GF	D
Pot Meal	Chicken and Sweet Potato Curry	GF	
Vegetarian	Tomato and Basil Pasta Bake	V	G
Hot pudding	Chocolate Sponge	V	D, G, E
Panini	Spicy chicken or Cheese and tomato		D, G,

Thursday		Dietary	Allergens
Soup	Parsnip	VE, GF	
Main	Tandoori Chicken, Mint Yoghurt, Naan and Rice		D
Pot Meal	Pasta and Sausage Meatballs		G, D,
Vegetarian	Baked Halloumi, Chickpea, garlic and Tomato Sauce	V, GF	D,
Hot pudding	Apple Toffee Crumble		D, G,
Panini	Pesto Chicken or Cheese & Tomato	V	D, G,

Friday		Dietary	Allergens
Soup	Vegetable	VE, GF	
Main	Chicken Skewers, Piri Piri Sauce, Chips and Coleslaw	 GF	S, D, E
Pot Meal	Chinese Pork Chow Mein		G, E, S
Vegetarian	Vegetable Fajitas	V,	D, G
Hot pudding	Rice Pudding, Mixed Fruit Jam		D
Pizzini	Spicy Chicken or Cheese and Tomato		D, G

