




Monday		Dietary	Allergens	May Contain
Soup	Carrot & Sweet Potato	V, VE, GF		
Main	Chicken & Chorizo Pasta Bake		D, G	
Pot Meal	Beef Curry & Rice 	GF		
Vegetarian	Vegetable Lasagne	V	D, E, G	
Pudding	Ginger Sponge		D, E, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tuesday		Dietary	Allergens	May Contain
Soup	Spicy Mexican Bean	V, VE, GF		
Main	Smoked Salmon & Broccoli Pasta		D, F, G	
Pot Meal	Chicken Chow Mein with Egg Noodles 		E, G, S, SE	
Vegetarian	Vegetable Tikka Masala & Rice	V, GF	D	
Pudding	Apple Sponge Pudding		D, E, G	
Panini	Pepperoni or Cheese & Tomato	V	D, G	

Wednesday		Dietary	Allergens	May Contain
Soup	Mushroom & Garlic	V, VE, GF		
Main	Chicken, Leek & Ham Pie		D, G	
Pot Meal	Chilli Con Carne with Rice 	GF		
Vegetarian	Jacket Potato filled with Spring Onion, Cherry Tomato and Cheese	GF	D	
Pudding	Chocolate Sponge Pudding		D, E, G	
Panini	Spicy Chicken or Cheese & Tomato 	V	D, G	

Thursday		Dietary	Allergens	May Contain
Soup	Sweetcorn Chowder	V, VE, GF		
Main	Toad in the Hole (Gluten Free Available)	GF	G	
Pot Meal	Pasta Bolognaise		G	
Vegetarian	Vegetable jambalaya	V, VE, GF		
Pudding	Golden Syrup Sponge Pudding		D, E, G	
Panini	Chicken Pesto or Cheese & Tomato 	V	D, G	

Friday		Dietary	Allergens	May Contain
Soup	Vegetable	V, VE, GF		
Main	Fish Goujons & Wedges		F, G	
Pot Meal	Sweet Chilli Chicken with Rice 	GF		
Vegetarian	Vegetable Cottage Pie	V, VE, GF		
Pudding	Apple Crumble		D, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Dietary & Allergen Information

Suitable for **V**: Vegetarian **VE**: Vegan **GF**: Gluten Free

Allergen Information Key:

RED: Contains

Amber: May Contain

C: Crustaceans / **CE**: Celery / **D**: Dairy / **E**: Eggs / **F**: Fish

P: Peanuts / **G**: Gluten / **L**: Lupin / **N**: Nuts / **MO**: Molluscs

MU: Mustard / **S**: Soya / **SD**: Sulphur dioxide / **SE**: Sesame Seeds



Please note that the chicken in all our sandwiches is **Halal**