

Monday		Dietary	Allergens
Soup	Courgette, Pea and Mint	VE, GF	
Main	Cajun Chicken, Garlic Bread, Savoury Rice	GF option 	D, G
Pot Meal	Spaghetti Bolognese		G, F
Vegetarian	Tomato and Vegetable Bruschetta	GF, V	D
Hot pudding	Chocolate Sponge, Chocolate Custard	V,	G, D, E
Pizzini	Spicy Chicken or Cheese and Tomato	V	D, G

Tuesday		Dietary	Allergens
Soup	Roast Pepper and Tomato	VE, GF	
Main	Pulled Beef, Cottage Pie	GF	D
Pot Meal	Smoked Bacon Carbonara		G, D
Vegetarian	Vegetable and Mixed Bean Potato Bake	VE	
Hot pudding	Apple Crumble	V	D, G,
Panini	Pepperoni or Cheese and Tomato		D, G

Wednesday		Dietary	Allergens
Soup	Sweet Potato, Carrot and Cumin	VE, GF	
Main	Toad in the Hole	GF available	G, D, E
Pot Meal	Chicken Chow Mein		G, E, S
Vegetarian	Moroccan Stuffed Peppers	V, GF	D
Hot pudding	Jam and Coconut Sponge	V	D, G, E
Panini	Spicy chicken or Cheese and tomato		D, G,

Thursday		Dietary	Allergens
Soup	Mushroom Garlic and Tarragon	VE, GF	
Main	Chicken Nachos, Quacamole, Salsa, Sourcream	 GF	D
Pot Meal	Bbq Pulled Pork Sliders, Coleslaw, Wedges		G, E
Vegetarian	Roast Vegetable and Halloumi Kebabs	GF	D
Hot pudding	Sticky Toffee Pudding	V	D, G, E
Panini	Pesto Chicken or Cheese & Tomato	V	D, G,

Friday		Dietary	Allergens
Soup	Vegetable	VE, GF	
Main	Hot Honey Chicken & Roast pepper Pizza		G, D
Pot Meal	Chorizo Pasta Bake, Rocket and Parmesan Salad		G, D
Vegetarian	Roast vegetable & Cherry Tomato Pizza	GF	
Hot pudding	Rice Pudding		D
Pizzini	Spicy Chicken or Cheese and Tomato		D, G