

Mon	The Mediterranean	Dietary	Allergens	May Contain
Soup	Med Veg Lentil Soup	V, VE, GF		
Main	Chicken & Seafood Paella		D,C,F,CE,S,MO	
Main	Chicken Gyros	V, GF	G,D	
Vegetarian	Spanish Veg Stew & Herb Cous Cous	V		
Pudding	pudding	V	D, G,E	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tue	East Asia	Dietary	Allergens	May Contain
Soup	Hot and Sour	V, VE, GF	S, SE	
Main	Crispy Chicken with Sweet & Chilli Sauce		G,	
Pot Meal	Beef Chow Mein		E, G, S, SE	
Vegetarian	Veg Stir-fry, Steamed Rice	V, GF	S, SE	
Pudding	Pudding of the Day	V	G,E,D	
Panini	Pepperoni or Cheese & Tomato		D, G	

Wed		Dietary	Allergens	May Contain
Soup	Minestrone	V, VE, GF		
Main	Beef Lasagne, Wedges and Salad	GF	D,G,MU	
Pot Meal	Chicken and Chorizo Chilli		D	
Vegetarian	Mixed Bean Chilli			
Pudding	Pudding of the day		D, E, G	
Panini	Steak bake, Chicken bake, Cheese and Tomato		D, G	

Thu	South Asia	Dietary	Allergens	May Contain
Soup	Curried Sweet Potato and Coconut	V, VE, GF		
Main	Lamb Kofta, Pitta, Salad, Mint Yoghurt		G, D	
Pot Meal	Chicken Korma		D	
Vegetarian	Macaroni Cheese (I know it's not South Asian)	V, GF	D, G,MU	
Pudding	Pudding of the day	V	D,E,G	
Panini	Chicken & Pesto or Cheese & Tomato		D, G	

Friday	Latin America	Dietary	Allergens	May Contain
Soup	Spicy Bean and Chilli	V, VE, GF		
Main	Chicken Nachos			
Pot Meal	Burritos		G,D	
Vegetarian	Thai Curry (I know it's not Latin American)	V		
Pudding	Pudding of the Day	V	G, E,D	
Pizzinis	Spicy Chicken, Cheese and Tomato		C,D, G	S, MU

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

Week one