Monday		Dietary	Allergens
Soup	Leek and Potato	VE, GF	
Main	Creamy Mustard Chicken, Piri Piri Rice		D, M
Pot Meal	Pasta Bolognese		G
Vegetarian	Quorn Meatballs Tomato and Basil Sauce	VE	G
Hot pudding	Syrup Sponge Pudding	V,	G, D, E
Pizzini	Spicy Chicken or Cheese and Tomato	V	D, G

Tuesday		Dietary	Allergens
Soup	Mushroom	VE, GF	
Main	Spanish Style Sausage, Patatas Bravas	GF	D, E
Pot Meal	Chicken Chow Mein		G, E, S
Vegetarian	Tomato and Pepper Pasta Bake	V, GF	D
Hot pudding	Apple and Cinnamon Crumble	V	D, G,
Panini	Pepperoni or Cheese and Tomato		D, G

Wednesday		Dietary	Allergens
Soup	Tomato and Basil	VE, GF	
Main	Roast Turkey Dinner	GF	
Pot Meal	Chicken Korma, Steamed Rice	GF	D
Vegetarian	Vegetable Lasagne	V, GF	D
Hot pudding	Lemon Drizzle	V	D, G, E
Panini	Spicy chicken or Cheese and tomato		D, G,

Thursday		Dietary	Allergens
Soup	Vegetable	VE, GF	
Main	Chicken Parmo, Tomato Sauce, Parmesan and Rosemary Potatoes	GF option	D, G
Pot Meal	Meat Burrito		D, G
Vegetarian	Mixed vegetable Stroganoff		D, M
Hot pudding	Rice Pudding, Fruit Compote	V	D,
Panini	Pizzini Spicy Chicken or Cheese and Tomato	V	D, G,

Friday		Dietary	Allergens
Soup	TRAINING DAY	VE, GF	
Main			
Pot Meal	TRAINING DAY		G, D, E
Vegetarian		GF	D
Hot pudding			D
Pizzini	Spicy Chicken or Cheese and Tomato		D, G