

Monday		Dietary	Allergens
Soup	Thai Sweet Potato Soup	V, VE, GF	
Main	Quorn Mince Chilli & Rice	V	E, G
Pot Meal	Tomato, Spinach and Basil Spaghetti	V, VE	G
Veggie	Pasta Cheese Bake	V	D, MU
Hot pudding	Chocolate Sponge	V	D, E, G
Pizzini	Cheese & Tomato		D, G
Tuesday		Dietary	Allergens
Soup	Courgette, Pea and Mint	V, VE, GF	
Main	Salmon, and Potato Parcel with Herb Cream Sauce		D, F, G, MU
Meal	Beef Nachos	GF	
Veggie	Cheese & Onion Quiche	V	D, G
Hot pudding	Mixed Fruit Crumble	V	D, E, G
Panini	Chicken & Chorizo		DG
Wednesday		Dietary	Allergens
Soup	Chunky Vegetable & Mixed bean	V, VE, GF	
Main	Toad In The Hole		G, D
Pot Meal	Pasta , Meatballs with Tomato sauce		G
Veggie	Vegetarian Sausage in Yorkshire Pudding	V	D, G
Hot pudding	Pineapple Upside Down Pudding	V	D, E, G
Panini	Meatball Marinara		D, G
Thursday		Dietary	Allergens
Soup	Leek & Potato Soup	V, VE, GF	
Main	Beef & Sweet Potato Curry	GF	
Pot Meal	Chicken Chow Mein		E, G, S, SE
Veggie	Savoury Rice Stuffed Peppers	V, VE, GF	
Hot pudding	Treacle Tart		D, E, G
Panini	Cheese & Tomato	V	D, G
Friday		Dietary	Allergens
Soup	Vegetable	V, VE, GF	
Main	Beef Lasagne		G, D
Pot Meal	Fish Finger Sandwich, Lettuce with Tartare sauce		G, D
Veggie	Falafel Tortilla Wrap with Sweet Chilli Coleslaw	V	G
Hot pudding	Sticky Toffee Pudding	V	D,E, G
Panini	Pepperoni		D, G

Dietary & Allergen Information

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

If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of any allergens.

Allergen Information Key: **CONTAINS**

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

Breakfast/Morning Break

Bacon Sandwich **G, SD**; Cheese & Bacon Roll **D, G, SD** Bacon **SD**

Toast/Fruit Teacake **G, V**, Hash Brown **G, V**, Crusty Bread Roll **G, V**

Seasonal Fresh Fruit Salad **V, VE, GF**

Fresh Fruit **V, VE, GF**

Lunch Cold Items

Sandwich; Salads with Protein Items **Please refer to the labelling for Allergens**

Seasonal Fresh Fruit Salad **V, VE, GF** Fresh Fruit **V, VE, GF**

Cakes; Biscuits/Cookies; Jelly/Mousse

Breakfast/Morning Break

Bacon Sandwich **G, SD** Cheese & Bacon Roll **G, D, SD**

Cheese & Tomato Roll **G, D, V**

Toast/Fruit Teacake **V**

Lunch please speak to your server for Allergens

Panini; Cold Dessert

Small/Large Drinks

