# **MENU**

Week 1 Begins: 15th April, 6th & 27th May, 17th June

#### Monday

Tuna Mayonnaise Sandwiches (Gluten/Egg/Fish/Milk/Mustard/Soya)

Butchers Grilled Pork Sausages (Gluten/Soya)

**♥** Broccoli Bake (Milk/Sulphur Dioxide)

Mashed Potatoes (Sulphur Dioxide) | Baked Beans | Diced Mixed Vegetables

Fresh Fruit Platter



Did you know you can have two portions of vegetables and one portion of fruit daily?

Locally Grown
Organic Peas

#### Tuesday

Turkey Sandwiches (Gluten/Soya)

Chicken Goujons (Gluten)

Quorn Chilli Wedge Bake (Celery/Gluten/Egg)

Spaghetti Hoops (Gluten) | Green Beans | Coleslaw (Egg/ Milk/Mustard)

Seasonal Fruit Crumble & Custard (Gluten/Milk)

### Thursday

Ham Roll (Gluten/Sesame)

Chicken Pie (Gluten/Milk)

Vegan Tomato Pasta (Gluten/Mustard/Soya)

Potato Croquettes (Gluten/Milk) | Sweetcorn | Coleslaw (Egg/ Milk/ Mustard)

Seasonal Fresh Fruit Salad with Natural Yoghurt (Milk)

## Wednesday

- Meat free day -
- Vegan Coronation
  Chickpea Wrap
  (Gluten/Mustard)
- Macaroni Cheese
  (Gluten/Milk/Mustard/Soya)
  - **♥** Vegan Jacket Potato with Baked Beans

Garlic Bread (Gluten/Milk/ Sesame/Soya) | Broccoli | Grated Carrots

**♥** Lentil Soup (Celery)

### Friday

Chicken Mayonnaise Wrap (Gluten/Egg/Milk/Mustard)

Oven Ready Breaded
Haddock
(Gluten/Fish)

Vegan Kitchari Rice (Celery)

Chips | Peas | Baby Carrots

Vegan Cookie (Gluten)

### **Allergies**

If you have an allergy, please speak to a member of the catering staff

### Options and quality

Vegan, Gluten Free & Dairy Free options are available daily!

We use locally grown produce where possible!

#### Daily



Glass of milk or water



Salad selection



A Piece of Fresh Fruit and Cheese & Biscuits or Yoghurt





# **MENU**

Week 2 Begins: 22nd April, 13th May, 3rd & 24th June

#### Monday

Turkey Sandwiches (Gluten/Soya)

Mince and Pastry Square (Celery/Gluten)

Vegetable Curry (Celery/Mustard)

Mashed Potatoes (Sulphur Dioxide) | Rice | Peas | Broccoli

Fresh Fruit Platter



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**Locally Grown**Organic Peas

#### Tuesday

Sliced Chicken Sandwiches (Gluten/Soya)

Gluten Free Salmon Fish Fingers (Fish)

Sweetcorn and Pepper Quiche (Gluten/Egg/Milk)

Potatoes (Sulphur Dioxide) | Baked Beans | Coleslaw (Egg/ Milk/Mustard)

**V** Lentil Soup (Celery)

## Thursday

**♥** Savoury Cheese Wrap (Gluten/Egg/Milk/Mustard)

Gluten Free Pork Meatballs in Gravy (Soya/Sulphur Dioxide)

Vegetable Stirfry (Gluten/Sesame/Soya)

Mashed Potatoes | (Sulphur Dioxide) Diced Mixed Vegetables | Grated Carrots

Seasonal Fresh Fruit Salad with Natural Yoghurt (Milk)

### Wednesday

Tuna Mayonnaise Sandwiches (Gluten/Egg/Fish/Milk/Mustard/Soya)

Chicken Fajitas (Gluten)

Jacket Potato with Cheese (Milk)

Savoury Rice (Celery) | Carrots | Cucumber

Tiffin (Gluten/Milk)

## Friday

- Meat free day -

V Egg Mayonnaise Roll (Gluten/Egg/Milk/ Mustard/Sesame)

V Stuffed Crust Cheese and Tomato Pizza (Gluten/Milk)

**V** Quorn Bolognaise (Gluten/Egg)

Spaghetti (Gluten/Mustard/Soya) | Sweetcorn | Green Beans

Vegan Muffin (Gluten)

### **Allergies**

If you have an allergy, please speak to a member of the catering staff

### Options and quality

Vegan, Gluten Free & Dairy Free options are available daily!

We use locally grown produce where possible!





Glass of milk or water



Salad selection



A Piece of Fresh Fruit and Cheese & Biscuits or Yoghurt





# **MENU**

Week 3 Begins: 29th April, 20th May, 10th June, 1st July

### Monday

Turkey Roll (Gluten/Sesame)

Oven Ready Breaded Haddock (Gluten/Fish)

Vegetable Noodles
(Gluten /Celery/Egg/Soya)

Chips | Mushy Peas ♥ |
Coleslaw (Egg/Milk/Mustard)

Fresh Fruit Platter



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Locally Grown
Organic Peas

#### Tuesday

- Meat free day -
- **♥** Egg Mayonnaise Wrap (Gluten/Egg/Milk/Mustard)
- Vegan Herbie Spaghetti
  (Gluten/Mustard/Soya)
  - Cheese Wheel (Gluten/Egg/Milk/Sulphur Dioxide)

Mashed Potatoes (Sulphur Dioxide) | Sweetcorn | Baked Beans

Chocolate Sponge & Custard (Gluten/Egg/Milk)

## Wednesday

Ham Sandwiches (Gluten/Soya)

Chicken Korma (Celery/Milk/Mustard)

Quorn Burrito (Gluten/Egg/Milk)

Rice | Diced Mixed Vegetables | Sweetcorn

V Creamy Leek, Pea and Courgette Soup (Celery/Milk)

### **Options and quality**

Allergies

If you have an allergy,

please speak to a member

of the catering staff

Vegan, Gluten Free & Dairy Free options are available daily!

We use locally grown produce where possible!

#### **Thursday**

V Cheese Sandwiches (Gluten/Milk/Soya)

Roast Chicken with Mealie (Gluten)

Cheese and Leek Sausage (Gluten/Milk/Mustard)

Roast Potatoes (Gluten) | Brussels Sprouts| Baked Beans

Seasonal Fresh Fruit Salad with Natural Yoghurt (Milk)

#### Friday

Chicken and Sweetcorn
Sandwiches (Gluten/Egg/
Milk/Mustard/Soya)

Beef Burger in a Bun (Gluten/Sesame/Soya/ Sulphur Dioxide)

**♥** Singapore Noodles (Gluten/Egg/Sesame/Soya)

Potato Wedges (Gluten) | Coleslaw (Egg/Milk/Mustard) | Broccoli

Shortbread (Gluten)

#### Daily



Glass of milk or water



Salad selection



A Piece of Fresh Fruit and Cheese & Biscuits or Yoghurt



