






Monday		Dietary	Allergens	May Contain
Soup	Cauliflower	V, VE, GF		
Main	Chicken Stir fry & Steamed Rice 		G	
Pot Meal	Beef Ragu with Pasta	GF		
Vegetarian	Spinach & Mushroom Tagliatelle	V	G	
Pudding	Apple Crumble		D, E, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tuesday		Dietary	Allergens	May Contain
Soup	Carrot & Sweet Potato	V, VE, GF		
Main	beef Lasagne		D, G	
Pot Meal	Chicken Balti Curry & Steamed Rice 	GF		
Vegetarian	Roast Vegetable & Cheese Quiche	V	D, E, G	
Pudding	Chocolate & Orange Sponge pudding		D, E, G	
Panini	Pepperoni or Cheese & Tomato	V	D, G	

Wednesday		Dietary	Allergens	May Contain
Soup	Celeriac and Apple	V, VE, GF		
Main	Roast Beef and Yorkshire Pudding		G	
Pot Meal	Spanish Chicken & Chorizo Bake		G	
Vegetarian	Chilli Bean Stuffed Peppers	V, VE, GF		
Pudding	Golden Syrup Sponge Pudding		D, G	
Panini	Spicy Chicken or Cheese & Tomato 	V	D, G	

Thursday		Dietary	Allergens	May Contain
Soup	Lentil and bean	V, VE, GF		
Main	Cajun Chicken & Rice with Coleslaw 	GF	E	
Pot Meal	Spaghetti Meatballs		G	
Vegetarian	Gnocchi with Pea & Pesto	V	G	
Pudding	Rhubarb Crumble		D, G	
Panini	Chicken Pesto or Cheese & Tomato 	V	D, G	

Friday		Dietary	Allergens	May Contain
Soup	Vegetable	V, VE, GF		
Main	Fish Fingers		G	
Pot Meal	Mixed Meat Burritos		D, G	
Vegetarian	Sweet Potato & Roast Pepper chilli	V, VE, GF		
Pudding	Rice Pudding		D	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

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



Please note that the chicken in all our sandwiches is **Halal**