





Monday		Dietary	Allergens	May Contain
Soup	Tomato & Basil	V, VE, GF		
Main	Cottage Pie 	GF		
Pot Meal	Chicken Korma with Rice 	GF		
Vegetarian	Vegetable Pasta Bake	V	G, D	
Pudding	Vanilla Sponge Pudding		D, E, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tuesday		Dietary	Allergens	May Contain
Soup	Leek & Potato	V, VE, GF		
Main	Chilli Beef Nachos	GF	D	
Pot Meal	Chicken & Leek Lasagne 		D, G, MU	
Vegetarian	Cottage Pie with Quorn mince	V	G, E	
Pudding	Toffee Apple Crumble		D, E, G	
Panini	Pepperoni or Cheese & Tomato	V	D, G	

Wednesday		Dietary	Allergens	May Contain
Soup	Thai Sweet Potato	V, VE, GF		
Main	Roast Turkey	GF		
Pot Meal	Sweet Chilli Beef Noodles		E, G	
Vegetarian	Jacket Potatoes filled with Red onion & Cherry Tomato	GF		
Pudding	Chocolate Sponge Pudding		D, E, G	
Panini	Spicy Chicken or Cheese & Tomato 	V	D, G	

Thursday		Dietary	Allergens	May Contain
Soup	Broccoli	V, VE, GF		
Main	Chicken & Bacon Carbonara with Tagliatelle		D, G	
Pot Meal	Spaghetti Meatballs		G	
Vegetarian	Vegetable Biryani	V, VE, GF		
Pudding	Lemon Sponge Pudding		D, E, G	
Panini	Chicken Pesto or Cheese & Tomato 	V	D, G	

Friday		Dietary	Allergens	May Contain
Soup	Vegetable	V, VE, GF		
Main	Fish Fingers with Potato wedges		F, G	C
Pot Meal	Chicken Chow Mein 		E, G, S, SE	
Vegetarian	Thai Mushroom & Sweet Potato Curry	V, GF	D	
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**