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<b>Meat main course</b>	<b>Salmon, leek and pea</b> <b>Macaroni cheese</b> Fish Cereals containing gluten  Milk <b>Spaghetti bolognaise</b> Cereals containing gluten	<b>Crispy Spicy popcorn chicken flatbread or wrap</b> Cereals containing gluten  Milk <b>Halal tikka chicken</b> Cereals containing gluten	<b>Halal Roast chicken</b> <b>Roast Turkey with sage and onion stuffing</b> Cereals containing gluten	<b>Fish fingers or Cod in parsley sauce</b> Fish Cereals containing gluten  Milk Mustard	<b>Disposable noodle box</b> <b>Pasta pots</b>
<b>Vegetarian Main Course</b>	<b>Roasted vegetable and Quorn</b> <b>Lasagne</b> Cereals containing gluten  Milk	<b>Halloumi cheese and Mediterrean vegetable flatbread</b> Cereals containing gluten	<b>Vegetable sausage</b> Cereals containing gluten  Eggs	<b>Assorted paninis</b> Cereals containing gluten  Milk	<b>Pizza , pasta pots , grab bags</b>
<b>vegetables</b>	<b>Sliced Green Beans</b>	<b>sweet corn</b>	<b>Carrots and green cabbage</b>	<b>Baked beans or mushy peas</b>	
<b>Jacket/pasta/noodle/Panini/pizza bar</b> Coleslaw  Eggs Baked beans Cheese /Tuna mayonnaise Mustard  Eggs	<b>Jacket potato bar</b>  <b>Salad plates</b>	<b>Jacket potato bar</b>  <b>Rice pots</b>	<b>Jacket potato bar</b>  <b>Pasta bar /pots</b> <b>Pork ,chicken or Quorn meatballs tomato sauce</b>	<b>Jacket potato bar</b>	
<b>Accompaniments (included with Mains)</b> Coleslaw  Eggs  Mustard	<b>Garlic bread</b> Cereals containing gluten  Milk <b>Chef's salad coleslaw</b>	<b>Curried roast potato wedges</b> <b>Chef's salad coleslaw</b>	<b>Roast potatoes mashed potatoes</b> <b>Gravy</b> <b>Chef's salad coleslaw</b>	<b>Chunky chips</b> <b>Chef's salad coleslaw</b>	

<b>Pasta pots</b>  Cereals containing gluten  Eggs  Mustard	<b>Spicy chicken Tuna and cucumber Cheese salad</b>	<b>Spicy chicken Tuna and cucumber Cheese salad</b>	<b>Spicy chicken Tuna and cucumber Cheese salad</b>	<b>Spicy chicken Tuna and cucumber Cheese salad</b>	<b>Spicy chicken Tuna and cucumber</b>
<b>Hot Puds! CUSTARD</b>	<b>Banoffee cake</b>  Cereals containing gluten  Milk  Eggs	<b>Lime sponge cake</b>  Cereals containing gluten  Eggs	<b>Raspberry sponge with peaches and custard</b>  Cereals containing gluten  Milk  Eggs	<b>Ice cream tubs Or Frozen yoghurt pots</b>  Milk  Milk	<b>Fresh fruit</b>
<b>Cold Puds!</b>	<b>Fresh fruit/pots Yoghurt flapjack</b>  Milk  Cereals containing gluten	<b>Fresh fruit/pots Yoghurt Strawberry mousse</b>  Milk  Cereals containing gluten  Milk	<b>Fresh fruit/pots Yoghurt Lemon rice pudding</b>  Milk  Milk		

NB. All of our foods are prepared in an environment where nuts and other food allergens are present. If you have any special dietary requirements, please speak to our Executive Chef who will be happy to find something suitable. Menu subject to change due to deliveries or seasonality. The symbols to look out for on the menus are,

