

Week 3 September 2017 18 TH September 16 th October 20 th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Optional lunch 12-12.30
Meat main course	Pork sausage Cereals containing gluten Sulphur dioxide (a food additive and preservative) Halal Chicken sausage Cereals containing gluten Sulphur dioxide (a food additive and preservative)	Wrap bar Italian chicken strips Piri Piri chicken Cereals containing gluten Milk Mustard	Halal chicken leg Roast beef and Yorkshire pudding Cereals containing gluten Eggs Gravy	Battered cod Fish Cereals containing gluten Popcorn chicken Cereals containing gluten	Paninis ,grab and go
Vegetarian Main Course	vegetable sausage Cereals containing gluten	Jerk style Quorn and rice wrap Cereals containing gluten	Linda Mccartney vegetable mince and sweet potato cottage pie Cereals containing gluten Soybeans	Cheese and tomato parcels Cereals containing gluten Milk	
vegetables	carrots and Green beans	Peas and sweet corn	Carrots and cauliflower	Baked beans	
Jacket/pasta/noodle/Panini/pizza bar Coleslaw Eggs Baked beans Cheese /Tuna mayonnaise Mustard Eggs	Jacket potato bar Noodle pots	Jacket potato bar Pasta pots	Jacket potato bar Salad bar	Jacket potato bar	
Accompaniments (included with Mains)	Mashed potato Chefs salad coleslaw coleslaw Eggs Mustard	Roasted Sweet potato wedges Chefs salad coleslaw	Roast potatoes mashed potatoes Chefs salad coleslaw	Chunky chips Baked beans Chef's salad	

Pasta pots Cereals containing gluten Eggs Mustard	Spicy chicken salad Tuna and cucumber Cheese salad	Spicy chicken salad Tuna and cucumber Cheese salad	Spicy chicken salad Tuna and cucumber Cheese salad	Spicy chicken salad Tuna and cucumber Cheese salad	Spicy chicken salad Tuna and cucumber Cheese salad
Djanogalicious puddings	Tuitti fruitti sponge Cereals containing gluten Eggs Milk	Fruity chocolate tray bake Cereals containing gluten Milk Eggs	Bristol tart and custard Cereals containing gluten Milk	Honey cake Cereals containing gluten Eggs Milk	
Cold Puds!	watermelon Yoghurt Milk Flapjack Cereals containing gluten	Fresh fruit/pots Yoghurt Milk Chocolate mousse with peaches Milk	Fresh fruit/pots Yoghurt Milk cookies Cereals containing gluten Milk	Fresh fruit/pots Yoghurt Milk Banana loaf/cake Cereals containing gluten Eggs	

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. The symbols to look out for on the menus are,

- Celery (and celeriac)
- Milk
- Cereals containing gluten
- Eggs
- Molluscs (e.g. clams, mussels, whelks, oysters, snails, squid)
- Lupin (lupin flowers and their seeds)
- Mustard
- Nuts
- Soybeans
- Sulphur dioxide (a food additive and preservative)
- Fish
- Sesame
- Crustaceans, (e.g. prawns, crabs, lobster, crayfish)
- Peanuts

