

Week 1 September 2017 4 <sup>TH</sup> September 2 <sup>nd</sup> October 6 <sup>th</sup> November 4 <sup>th</sup> December	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Optional lunch 12-12.30
<b>Meat main course</b>	<b>Halal minced beef and Vegetable lasagne</b> Cereals containing gluten	<b>Pulled BBQ pork wrap</b> Cereals containing gluten <b>Halal Jerk or Italian chicken</b> <b>and vegetable rice wrap</b> Cereals containing gluten	<b>Halal chicken leg</b> <b>Roast Gammon</b> Cereals containing gluten	<b>Battered cod fillet</b> Cereals containing gluten Fish <b>Mu</b> Mustard Milk <b>Halal Popcorn chicken</b> Cereals containing gluten  Milk	<b>Take away paninis</b>
<b>Vegetarian Main Course</b>	<b>Roasted vegetable, quorn and spinach macaroni cheese</b> Milk  Cereals containing gluten Eggs	<b>Vegetable samosas or onion bhaji wrap</b> Eggs Cereals containing gluten	<b>Cheese ,onion ,potato and baked bean flan</b> Cereals containing gluten	<b>Cheese and tomato pizza</b> Cereals containing gluten  Milk	<b>Grab and go bags , selection of sandwiches and baguettes</b>
<b>vegetables</b>	<b>Broccoli</b>	<b>Peas and sweetcorn</b>	<b>Carrots and green cabbage</b>	<b>Mushy peas or baked beans</b>	<b>Jacket potato + filling</b>
<b>Jacket/pasta/noodle/Panini/pizza bar</b> Coleslaw  Eggs Baked beans Cheese /Tuna mayonnaise <b>Mu</b> Mustard  Eggs	<b>Jacket potato bar</b> <b>Salad plates/bowls</b>	<b>Jacket potato bar</b> <b>Noodle box</b>	<b>Jacket potato bar</b> <b>Pasta dish</b>	<b>Jacket potato bar</b>	
<b>Accompaniments (included with Mains)</b> Coleslaw  Eggs <b>Mu</b> Mustard	<b>Garlic bread</b> Cereals containing gluten Milk <b>Chefs salad coleslaw</b>	<b>Homemade Cajun roasted potato wedges</b> <b>Chefs salad coleslaw</b>	<b>Roast potatoes mashed potatoes</b> <b>Gravy</b> <b>Chefs salad coleslaw</b>	<b>Chunky chips</b> <b>Chef's salad</b> <b>Coleslaw</b>	

<b>Pasta pots</b> Eggs  Mustard Cereals containing gluten	<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>Hot Puds! Custard</b>	<b>Goosey chocolate pudding</b> Milk  Cereals containing gluten Eggs	<b>Date slice and custard</b> Cereals containing gluten Milk	<b>Oaty apple crumble and custard</b> Milk  Cereals containing gluten <b>spiced pineapple and carrot cake</b> Cereals containing gluten  Eggs	<b>Choc ice or doughnuts</b> Cereals containing gluten  Milk	
<b>Cold Puds!</b>	<b>Fresh fruit/pots watermelon</b> Milk <b>Yoghurt</b> <b>Mango and banana muffins</b> Cereals containing gluten  Eggs	<b>Fresh fruit/pots Yoghurt</b> Milk	<b>Fresh fruit/pots Yoghurt</b> Milk <b>Cherry shortcake</b> Cereals containing gluten	<b>Fresh fruit</b>	<b>Fresh fruit</b>

Fresh drinking water to be available at break and lunchtime in the canteen area.

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,

Celery (and celeriac)

Molluscs (e.g. clams, mussels, whelks, oysters, snails, squid)

Soybeans

Crustaceans, (e.g. prawns, crabs, lobster, crayfish)

Milk

Lupin (lupin flowers and their seeds)

Sulphur dioxide (a food additive and preservative)

Peanuts

Cereals containing gluten

Mustard

Fish

Eggs

Nuts

Sesame