

Week 4 January 2017 January 30 th 2017 March 6 th 2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat main course	Chilli and ginger pork with vegetables Halal turkey and mushroom pasta	Lamb tortilla bake Selection of flavoured chicken wraps	Halal chicken leg Halal minced Beef stew and herb dumplings Roast turkey	Tandoori chicken portion	Oven baked fish Meat Pizza
Vegetarian Main Course	Curried Quorn and vegetable pasta	Roasted vegetable and Halloumi cheese wrap	Winter vegetable stew and herb dumplings	Chipotle style vegetables and baked egg	Vegetarian Pizizza
vegetables	Green beans	sweet corn	Green cabbage and roasted roots	Vegetable rice and garden peas	Baked beans
Jacket/pasta/noodle/Panini/pizza bar Coleslaw Baked beans Cheese /Tuna mayonnaise 	Jacket potato bar Coleslaw Baked beans Cheese /Tuna mayonnaise	Jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise	jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise	Salmon and broccoli pasta Jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise	Jacket potato bar Coleslaw Baked beans Cheese/Tuna mayonnaise
Accompaniments (included with Mains)	Garlic bread Chef's salad coleslaw Vegetable rice	Herby roasted potato wedges Chef's salad, garlic bread coleslaw	Roast potatoes mashed potatoes Gravy Chef's salad coleslaw	Flat bread Chef's salad coleslaw	Chunky chips Baked beans Chef's salad Coleslaw

Pasta pots Cereals containing gluten Eggs Mustard	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad	Spicy chicken Tuna and cucumber Cheese salad
Hot Puds! CUSTARD Eggs	Apple Bakewell tart and custard Cereals containing gluten Eggs	Cherry shortcake/Banana sticky toffee pudding Cereals containing gluten Eggs	Canadian date cake Cereals containing gluten Eggs	Treacle sponge and custard Eggs Cereals containing gluten	Djanogalicious pudding of the day Cereals containing gluten Eggs
Cold Puds!	Lemon drizzle Eggs Fresh fruit/pots Yoghurt Milk Cereals containing gluten	Fresh fruit/pots Yoghurt Milk Iced buns Cereals containing gluten	Fresh fruit/pots Yoghurt Milk	Fresh fruit/pots Yoghurt Milk Meringue nests with seasonal fruit Eggs	Fresh fruit/pots Yoghurt Milk Ginger bread

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)

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

