



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Week 3</b>					
Bakery	Local and freshly baked breads, butter, balsamic & olive oil				
Week commencing 6th May 27th may 17th June 2019					
Meaty mains	Hunters chicken or plain roast chicken	Roast Pork & stuffing with apple sauce	Chicken balls in a sweet & sour sauce	Sizzling Beef & pepper fajitas	House Battered Fish Fillet / Fish Fingers , fish cake Sausages
No meat option	Sweet potato & chickpea Korma & Rice	Spanakopita (cheese & spinach pie )	Cherry tomato & cheddar cheese tart	Roasted summer vegetable strudel	Cheese omelette
On the side...	Mashed potatoes Seasonal vegetables	Roasted Potatoes Carrots Broccoli Florets	Fried Rice Seasonal vegetables Garlic bread slice	Oven baked wedges Peas & sweetcorn	Chipped Potatoes Baked Beans Mushy Peas Gravy or Curry Sauce
<b>Deli jackets &amp; or pasta</b>					
Pasta	Quorn Bolognese	Tomato sauce	Macaroni cheese	Bacon carbonara	Tomato
Jackets	Baked Potatoes Served daily with hot and cold fillings and daily specials in addition to the menu				
Filled breads	Baguettes, wraps and sandwiches are available with a range of popular fillings.				
<b>Self-serve crudités salad bar</b>					
Fresh	Different varieties, cuts and shapes of salad vegetables, seasonal leaves, beans and pulses				
Finish...	House vinaigrette dressing, mayonnaise, house made infused oils or simple balsamic vinegar and olive oil				
<b>Desserts, puddings and sweets</b>					
Dessert	Salted caramel pudding & sauce	Strawberry meringues	Chocolate Brownie with chocolate sauce	Ice-cream roll served with a fruit coulis	Jam sponge & custard
Cold treats	Dessert pots, yoghurts, jelly and fresh fruits served daily along with a range of chilled drinks				

Dish/Item	Cereals, Gluten, Wheat	Crustacean	Eggs	Fish with fins	Peanuts	Soya & soya beans	Milk and dairy	Celery	Mustard	Sesame	Nuts	Sulphur dioxide & sulphites	Lupin	Molluscs
Sweet potato korma							X							
Hunters Chicken							X							
Spanakopita	X		X				X							
Chicken balls	X													
Cheese, tomato tart	X		X				X							
Beef fajitas	X						X							
Margarita pizza	X													
Vegetable strudel	X							X						
Cheese omelette			X											
Battered fish	X			X										
Fish fingers	X		X	X										
Bacon carbonara	X						X							
Quorn bolognaise			X											
Macaroni cheese	X						X							