

## Week 1

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Main Meal

Beef Bolognese served with G/F Pasta Seasonal Vegetables

Mild Chilli Beef served with Mexican Rice, Tortilla Chips and Sweetcorn

G/F & Dairy Free Meat Pizza served with Jacket Wedges and Fresh Salad

Roast Pork served with Roast Potatoes, Carrots, Broccoli and Gravy

G/F Chicken Goujons served with Chips, Garden Peas or Baked Beans

#### Meat Free (Vegan)

Vegetable Bolognese served with G/F Pasta Seasonal Vegetables

Five Bean Chilli served with Mexican Rice, Tortilla Chips and Sweetcorn

G/F & Dairy Free Pizza served with Jacket Wedges and Fresh Salad

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

Dairy & G/F Pizza served with Chips, Garden Peas or Baked Beans

#### Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Vegan Cheese Wrap (G/F Wrap) Tortilla Chips Salad Sticks Dessert

#### Desserts

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Apple Crumble  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot



**ALLERGEN  
FREE MENU**

## Making lunchtime the **highlight** of your day

All items on this menu are free of the 14 main allergens: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide



**ALLERGEN  
FREE MENU**

## Week 2

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Main Meal

Beef Bolognese served with G/F Pasta Seasonal Vegetables

Grilled Chicken served with Jacket Potato Wedges & Seasonal Vegetables

Chic 'n' Mix Paprika Chicken served with Seasoned Potatoes and Vegan Rainbow Slaw

Roast Turkey served with Roast Potatoes, Carrots, Broccoli and Gravy

G/F Chicken Goujons served with Chips, Garden Peas or Baked Beans

#### Meat Free (Vegan)

Vegetable Bolognese served with G/F Pasta Seasonal Vegetables

Vegetable Sausage served with Jacket Potato Wedges & Seasonal Vegetables

Vegetable Sausage served with Seasoned Potatoes and Vegan Rainbow Slaw

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

G/F & Dairy Free Pizza served with Chips, Garden Peas or Baked Beans

#### Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Vegan Cheese Wrap (G/F Wrap) Tortilla Chips Salad Sticks Dessert

#### Desserts

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Apple Crumble  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot



**ALLERGEN  
FREE MENU**

## Making lunchtime the highlight of your day

All items on this menu are free of the 14 main allergens: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide



**ALLERGEN  
FREE MENU**

## Week 3

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Main Meal

G/f Pasta in a Tomato Sauce with Crispy Bacon Topping served with Rainbow Roasted Vegetables

G/F & Dairy free Ham Pizza served with Herb Sautéed Potato and Fresh Salad

Grilled Chicken served with Jacket Potato Wedges & Seasonal Vegetables

Roast Chicken served with Roast Potatoes, Carrots, Cabbage and Gravy

G/F Chicken Goujons served with Chips, Garden Peas or Baked Beans

#### Meat Free (Vegan)

G/f Pasta in a Tomato Sauce with Vegan Cheese Topping served with Rainbow Roasted Vegetables

G/F & Dairy Free Pizza served with Herb Sautéed Potato and Fresh Salad

Vegetable Sausage served with Jacket Potato Wedges & Seasonal Vegetables

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

Vegetable Sausages served with Chips, Garden Peas or Baked Beans

#### Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Vegan Cheese Wrap (G/F Wrap)  
Tortilla Chips  
Salad Sticks  
Dessert

#### Desserts

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Apple Crumble  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Vanilla Shortbread  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
G/F Chocolate Biscuit  
Fruity Jelly  
Fresh Fruit Pot



**ALLERGEN  
FREE MENU**

## Making lunchtime the highlight of your day

All items on this menu are free of the 14 main allergens: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide



**ALLERGEN  
FREE MENU**