

Week 1

Weeks Commencing: 7th September / 28th September / 19th October / 16th November / 7th December

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Porridge, Cereal, Toast & Fresh Fruit are always available Allergens: Gluten, Soya, Milk in the Danish Pastries / Gluten, Milk in the Porridge / Gluten in the Toast / Please check packaging for Cereal allergens				
Freshly baked Pastrie Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	American Style Pancake with Maple Syrup Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	Bacon Baps Potato Hash Browns
Lunch Jacket Potato, Pasta with Tomato Sauce, Salad Items, Packed Lunch & Fresh Fruit are always available Allergens: Gluten, Tomato in the Pasta / Gluten in the packed meal				
Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)
Penne Pasta Bolognese Allergens: Gluten, Sulphites, Tomato	Breaded Chicken Goujons Allergens: Gluten	Roast Chicken with Sage & Onion Stuffing, Gravy Allergens: Gluten in Stuffing	Butchers Pork Sausages Allergens: Sulphites	Fish Fingers Allergens: Gluten, Fish
Tortelloni Formaggio Bake (V) Allergens: Gluten, Milk, Tomato	Vegetarian “Fishless” Fingers (V) Allergens: Gluten	Vegetable Quiche (V) Allergens: Gluten, Milk	Vegetarian Glamorgan Sausages (V) Allergens: Gluten, Milk	Vegetable & Egg Noodle Stir Fry (V) Allergens: Gluten, Egg
Garlic Bread, Green Beans, Sweetcorn Allergens: Gluten in the Garlic Bread	Baked Potato Wedges, Carrots, Baked Beans	Roast Potatoes, Roasted seasonal Vegetables, Gravy	Freshly made Mashed Potato, Broccoli, Gravy Allergens: Milk in Mashed Potato. Dairy free Potato is available upon request	Chips, Peas, Baked Beans
Ice Cream pots / Sugar free Jelly Allergens: Milk in the Ice Cream	Fruit Yoghurt / Sugar free Jelly Allergens: Milk in the Yoghurt	Fruit Crumble & Custard Allergens: Gluten, Milk	Chocolate Chip Sponge Allergens: Gluten, Milk	Assorted Iced Lollies

Week 2

Weeks Commencing: 14th September / 5th October / 2nd November / 23rd November

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Porridge, Cereal, Toast & Fresh Fruit are always available Allergens: Gluten, Soya, Milk in the Danish Pastries / Gluten, Milk in the Porridge / Gluten in the Toast / Please check packaging for Cereal allergens				
Freshly baked Pastrie Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	American Style Pancake with Maple Syrup Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	Bacon Baps Potato Hash Browns
Lunch Jacket Potato, Pasta with Tomato Sauce, Salad Items, Packed Lunch & Fresh Fruit are always available Allergens: Gluten, Tomato in the Pasta / Gluten in the packed meal				
Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)
BYO Burgers Allergens: Gluten in the Bun	American style Southern Fried Chicken Allergens: Gluten	Roast Beef & Yorkshire Pudding, Gravy Allergens: Milk in the Yorkshire Puddings	Pork Meatballs with a Tomato Sauce & Rice Allergens: Gluten, Egg, Sulphites, Tomato	Breaded Plaice Allergens: Gluten, Fish
BYO Vegan Buttermilk Burger(V) Allergens: Gluten	Vegetable Kiev Allergens: Gluten, Milk	Mediterranean CousCous (V) Allergens: Gluten	Plant based Meat”less”balls with a Tomato Sauce & Rice (V) Allergens: Tomato	Cauliflower Cheese (V) Allergens: Milk, Mustard
Potato Wedges, Sliced Cheese, Sliced Tomatoes, Lettuce Allergens: Milk in the Cheese	Potato Hash Browns, Corn on the Cob	Roast Potatoes, seasonal Vegetables, Gravy	Seasonal Vegetables	Chips, Peas, Baked Beans
Freshly made Muffins Allergens: Gluten, Milk, Sulphites	Fruit Yoghurt / Sugar free Jelly Allergens: Milk in the Yoghurt	Freshly baked Cookies Allergens: Gluten, Milk	Ice Topped Ring Doughnut Allergens: Gluten, Milk, Soya	Freshly made Chocolate Brownie Allergens: Gluten, Milk, Egg

Week 3

Weeks Commencing: 21st September / 12th October / 9th November / 30th November

"Meat Free" Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Porridge, Cereal, Toast & Fresh Fruit are always available Allergens: Gluten, Soya, Milk in the Danish Pastries / Gluten, Milk in the Porridge / Gluten in the Toast / Please check packaging for Cereal allergens				
Freshly baked Pastrie Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	American Style Pancake with Maple Syrup Potato Hash Browns	Freshly baked Pastrie Potato Hash Browns	Bacon Baps Potato Hash Browns
Lunch Jacket Potato, Pasta with Tomato Sauce, Salad Items, Packed Lunch & Fresh Fruit are always available Allergens: Gluten, Tomato in the Pasta / Gluten in the packed meal				
Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)		Freshly made Vegetarian Soup (please check daily menu for flavour)
Freshly baked Macaroni Cheese Allergens: Gluten, Milk	Sourdough Pepperoni Pizza Allergens: Gluten, Milk, Tomato	Roast Loin of Pork with Apple Sauce	Freshly made Chicken Curry Allergens: Sulphites	Battered Fish Allergens: Gluten, Fish
Lentil Dahl & Rice (V)	Sourdough Margarita Pizza Allergens: Gluten, Milk, Tomato	Vegan Sausage Roll (V) Allergens: Gluten, Soya	Thai Vegetable Green Curry (V) Allergens: Sulphites	Freshly made Vegetarian Slice (V) Allergens: Gluten, Egg
Carrots, Green Beans	Garlic Bread, Choices from the Salad bar Allergens: Gluten in the Garlic Bread	Roast Potatoes, seasonal Vegetables, Gravy	Rice, Stir Fried Cabbage, Poppadoms, Mango Chutney	Chips, Peas, Baked Beans
Freshly made Flapjack Allergens: Gluten, Milk	Fruit Yoghurt / Sugar free Jelly Allergens: Milk in the Yoghurt	Freshly made Fruit Crumble with Custard or Cream Allergens: Gluten, Milk	Bread & Butter Pudding Allergens: Gluten, Milk, Sulphites	Fruit Yoghurt Allergens: Milk in the Yoghurt