



All our meats are farm assured red tractor from either British or Irish Farms.
All our fish products are sustainably sourced and carry the MSC logo.

Allergen Information
G = contains gluten / W = contains wheat / E = contains egg / D = contains dairy / Mi = contains milk / C = contains celery / F = Fish / N = nuts / S = soya beans / M = mustard / SS = sesame seeds / SD = sulphur dioxide / L = lupin / Mo = molluscs / CR = crustaceans / CO = coconut

All meals £2.35 including a dessert	Meat Free Monday 	Traditional Tuesday	Roast Wednesday	World food Thursday	Chip-Shop Friday
Main Meal (including accompaniments)	Pasta Bar Pasta shapes served with sauce, garlic bread and mixed salad Quorn Bolognaise (G, E & S)	Ham and Cheese Omelette served with new potatoes and vegetables (E, Mi & D)	Roast Beef served with Yorkshire pudding, roasted potatoes and vegetables (G,E & Mi) in the Yorkshire pudding 	Chicken Balti served with steamed rice, naan bread and vegetables (D, G, Mi & M) 	Fish Fingers served with chip baked beans or mushy peas (W) 
Vegetarian Meal (including accompaniments) 	Pasta Bar Pasta shapes served with sauce, garlic bread and mixed salad Leek and Sweet Corn Mac and Cheese (Mi & M) (G, D & S)	Homemade Vegan Sausage Roll served with new potatoes and vegetables (W, S & G)	Quorn Sausage Toad in the Hole served with roasted potatoes and vegetables (E,W, G, Mi & D)	Smokey B-B-Q and Vegetable Enchiladas served with rice, vegetables and salad (W, D, S, C & M)	Mediterranean Vegetable Quiche served with chips and baked beans or vegetables (E,W, Mi & D)
Jacket Potatoes	Grated cheese (D) Homemade coleslaw (E) Baked beans Quorn slices (D & E)	Grated cheese (D) Tuna mayonnaise (F & E) Baked beans Ham (SD)	Grated cheese (D) Homemade coleslaw (E) Baked beans Ham (SD)	Grated cheese (D) Tuna mayonnaise (F & E) Baked beans Ham (SD)	Grated cheese (D) Homemade coleslaw (E) Baked beans Ham (SD)
Pick and Mix Lunch Bag	Choose any sandwich (G, D, S & E) A healthy snack Any dessert (see below for allergens)	Choose any sandwich (G, D, S & E) A healthy snack Any dessert (see below for allergens)	Choose any sandwich (G, D, S & E) A healthy snack Any dessert (see below for allergens)	Choose any sandwich (G, D, S & E) A healthy snack Any dessert (see below for allergens)	Choose any sandwich (G, D, S & E) A healthy snack Any dessert (see below for allergens)
Desserts	Dessert of the day (G, D & E) Fruit salad Fruit jellies Yoghurt pots (D)	Dessert of the day (G, D & E) Fruit salad Fruit jellies Yoghurt pots (D)	Dessert of the day (G, D & E) Fruit salad Fruit jellies Yoghurt pots (D)	Dessert of the day (G, D & E) Fruit salad Fruit jellies Yoghurt pots (D)	Dessert of the day (G, D & E) Fruit salad Fruit jellies Yoghurt pots (D)

