



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 (G & S) Mac and Cheese (M, D & Mi)	Pork Sausage Roll served with potato wedges and baked beans or vegetables (G, Mi & W) 	Roast Gammon served with Yorkshire pudding, roasted potato and vegetables (G,E & D) In the Yorkshire pudding 	Sweet and Sour Chicken Hong Kong Style served with steamed rice prawn crackers and vegetables (G, S & CR)	Prime Beef Burgers served in a soft bun with American coleslaw and chips with beans or vegetable (W,D & E) 
Vegetarian Meal (including accompaniments) 	Pasta Bar Pasta shapes served with sauce, garlic bread and mixed salad (G & S) Tomato Arrabbiata	Homemade Vegetarian Scotch Eggs served with potato wedges baked beans or vegetables (G,E & D)	Quorn and Vegetable Cottage Pie (E & Mi)	Vegetable and Lentil Lasagne served with garlic bread and fresh salad (W, M, D & Mi)	Vegetable Burger topped with cheddar cheese placed in a soft bun served with chips baked beans or vegetables (G,D, E, Mi & W)
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)

