



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 Sweet Potato, Spinach and Butternut Squash Sauce (G, D, Mi & S)	Mince Beef and Onion Suet Pudding served with mashed potato and vegetables (G & D) 	Roast Chicken served with sage and onion stuffing served with roast potatoes and vegetables (G,W in the stuffing balls) 	Pork Meatballs in a Tomato Ragù served with steamed rice and garlic bread (G & W) 	Battered Cod Portion served with chips and baked beans or mushy peas (G) 
Vegetarian Meal (including accompaniments) 	Pasta Bar Pasta shapes served with sauce, garlic bread and mixed salad (G & S) Vegan Bolognese	Cheese and Onion Pasty served with mashed potato and vegetables (G,W, M & D)	Meat Free Moussaka served with salad and garlic bread (G, Mi & D)	Homemade Vegan Vegetable and Onion Bahjee served with steamed rice and a coconut and mango dressing and Asian salad (Co & M)	Cheese and Tomato Omelette (E, 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)

