



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) Hidden Vegetable Tomato Sauce (C) Broccoli and Cheese Sauce (M, D & Mi)	Creamy Chicken and Vegetable Pie served with mashed potato and vegetables (G, E, D & Mi) 	Roast Pork served with roast potatoes, seasonal vegetables, and stuffing (G) 	Turkey Meatballs served with tomato sauce and vegetable rice (G & C) 	Gluten Free Pork Sausage served with chips and beans (SD) 
Vegetarian Meal (including accompaniments) 	Pasta Bar Pasta shapes served with sauce, garlic bread and mixed salad (G & S) Hidden Vegetable Tomato Sauce (C) Broccoli and Cheese Sauce (M, D & Mi)	Quorn Sausage and Mash served with onion gravy and vegetables (G, E, S, SD, Mi & D) 	Cauliflower and Macaroni Cheese Bake served with salad (G, M, D & Mi)	Quorn Dippers served with vegetable rice and BBQ dip (G, D, S, Mi, E & C) 	Cheese and Tomato Pizza Slice served with chips and baked beans (G, D, S & C)
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	Homemade cakes, biscuits and dessert pots are available daily and are included in the meal deal All desserts except jelly pots and fruit pots contain (G, D & E)	Homemade cakes, biscuits and dessert pots are available daily and are included in the meal deal All desserts except jelly pots and fruit pots contain (G, D & E)	Homemade cakes, biscuits and dessert pots are available daily and are included in the meal deal All desserts except jelly pots and fruit pots contain (G, D & E)	Homemade cakes, biscuits and dessert pots are available daily and are included in the meal deal All desserts except jelly pots and fruit pots contain (G, D & E)	Homemade cakes, biscuits and dessert pots are available daily and are included in the meal deal All desserts except jelly pots and fruit pots contain (G, D & E)

