



**MEAT FREE  
MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Homemade  
Flatbread Pizza  
Tomato Sauce, Basil  
Vegan Pesto Mozzarella,  
Roasted Peppers,  
Sweetcorn & Tomatoes  
Garlic Roasted  
New Potatoes

Chicken Sausage  
Homemade Creamy  
Mashed Potato  
Yorkshire Pudding  
Onion Gravy

Beef Ragu Lasagne  
(Layers Of Minced  
Beef Ragu, Pasta,  
& Cheese Sauce)  
Garlic Bread Slice

Roasted Jerk Chicken  
(Scotch Bonnet, Allspice,  
Garlic, Ginger, Spring Onion,  
Lime & Cinnamon)  
Rice & Peas  
Onion Gravy

Breaded Cod  
Fish Fingers  
SUSTAINABLY CAUGHT  
Chips  
Homemade  
Tartar Sauce

**VEGETARIAN**

As above with  
no Cheese  
VEGAN

Roasted Cauliflower  
with Sunblush  
Tomatoes, Parsley  
& Breadcrumbs  
VEGAN

Pasta Pistou  
(Parsley, Chives,  
Basil, Lemon  
& Garlic)  
VEGAN

Jerk Sweet Potato  
& Black Bean Curry  
VEGAN

Jerk Sweet Potato  
& Black Bean Curry  
VEGAN

**VEGETABLES**

Roasted Broccoli  
& Garlic

Corn on the Cob  
& Peas

Warm Salad of  
Red Onion, Peppers,  
Courgette & Tomato  
with a Tangy  
Lemon Dressing

Fried Plantain  
Savoy Cabbage

Baked Beans  
or Peas

**PUDDING**

Fresh Fruit Salad Pots  
(Red & Green Grapes,  
Honeydew Melon,  
Pineapple\* & Strawberries\*)  
Whole Fruit  
Organic Yogurt  
Cheese, Crackers & Raisins  
Vegetarian Jelly

Homemade Apple  
& Cinnamon Torte  
Custard  
Fresh Fruit Salad Pots  
Whole Fruit  
Organic Yogurt

Homemade Mandarin  
Sponge with Icing  
& Sprinkles  
Custard  
Whole Fruit  
Organic Yogurt

Tropical Fruit Salad  
With Pineapple, Mango,  
Papaya, Cantaloupe Melon  
& Green Grapes, Guava  
& Kiwi\* with Lime & Mint  
Whole Fruit  
Organic Yogurt

Dessert of the Day  
Whole Fruit  
Organic Yogurt

**MEAT FREE  
MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Wheat Gluten  
Milk

Wheat Gluten  
Soya  
Sulphates  
Milk  
Egg

Wheat Gluten  
Milk  
Sulphates  
Celery

Rice: Milk  
None of the  
14 listed allergens  
in chicken  
or gravy

Wheat Gluten  
Fish: Cod  
Tartar Sauce:  
Egg & Sulphates

**VEGETARIAN**

Wheat Gluten

Wheat Gluten

Wheat Gluten

Sulphates

May contain:  
Milk  
Wheat Gluten  
Dependant on Dish

**VEGETABLES**

None of the 14  
listed allergens

None of the 14  
listed allergens

Sulphates

None of the 14  
listed allergens

None of the 14  
listed allergens

**PUDDING**

Yogurt: Milk  
Cheese: Milk  
Crackers: Wheat Gluten  
\*Pineapple, \*Strawberries  
Alpro Yogurt: Soya

Wheat Gluten  
Egg  
Milk (Custard)  
Yogurt: Milk  
Alpro Yogurt: Soya

Wheat Gluten  
Egg  
Milk (Custard)  
Yogurt: Milk  
Alpro yogurt: Soya

None of the 14  
listed allergens  
\*Kiwi fruit  
Yogurt: Milk  
Alpro Yogurt: Soya

May contain:  
Wheat Gluten  
Milk  
Egg  
Dependant on Dish  
Alpro Yogurt: Soya

**MEAT FREE  
MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Macaroni Cheese  
(Sauce made of  
Blended Cauliflower,  
Butternut Squash,  
Carrot, Cheddar  
& Cream Cheese)  
Garlic Bread

Chicken Sausage  
Homemade Creamy  
Mashed Potato  
Yorkshire Pudding  
Onion Gravy

Egg Noodles  
Chicken with Honey,  
Soy Sauce, Ginger,  
Garlic, Spring  
& Bean Shoots

Turkey & Leek Pie  
Buttered New Potatoes  
Onion Gravy

Battered Pollock  
SUSTAINABLY CAUGHT  
Chips  
Homemade  
Tartar Sauce

**VEGETARIAN**

Succotash  
(Roasted Red Peppers,  
Sweetcorn, Peas,  
Onion & Courgette)

Filled Tortilla 'Boats'  
Filled with Pickled Red  
Onions, Roasted Veg,  
Coconut Vegan Yogurt,  
Falafel & Spicy  
Green Sauce

Chapatti with  
Spicy Cauliflower,  
Carrot, Spring Onion  
& Spicy Dairy Free  
Mayonnaise

Patatas Bravas  
(Spicy Roasted Potatoes  
with Siracha &  
Spring Onion)

Vegetarian  
Dish of the Day

**VEGETABLES**

Succotash  
(Roasted Red Peppers,  
Sweetcorn, Peas,  
Onion & Courgette)

Carrots & Peas  
with Parsley

Stir Fried Vegetables

Green Beans, Peas  
& Savoy Cabbage

Baked Beans  
or Peas

**PUDDING**

Fresh Fruit Salad Pots  
(Red & Green Grapes,  
Honeydew Melon,  
Pineapple\* & Strawberries\*)  
Whole Fruit  
Organic Yogurt  
Cheese, Crackers & Raisins  
Vegetarian Jelly

Homemade  
Eve's Pudding  
(Apple sponge)  
Custard  
Fresh Fruit  
Salad Pots  
Whole Fruit  
Organic Yogurt

Homemade Banana  
Cake with Salted  
Caramel Sauce  
& Custard

Homemade Chocolate  
Fudge Cake with  
Chocolate Frosting  
& Chocolate Custard  
Fresh Whole Fruit  
Organic Yogurt

Dessert of the day  
Whole Fruit  
Organic Yogurt

**MEAT FREE  
MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Wheat Gluten  
Milk  
Mustard

Wheat Gluten  
Soya  
Sulphates  
Milk  
Egg

Wheat Gluten  
Egg  
Soya

Wheat Gluten  
Egg  
Milk

Wheat Gluten  
Fish: Pollock  
Tartar Sauce:  
Egg & Sulphates

**VEGETARIAN**

As above

Wheat Gluten  
Sulphates

Wheat Gluten

None of the 14  
listed allergens

May contain:  
Milk  
Wheat Gluten  
Dependant on Dish

**VEGETABLES**

Corn on the Cob  
Milk

None of the 14  
listed allergens

None of the 14  
listed allergens

None of the 14  
listed allergens

None of the 14  
listed allergens

**PUDDING**

Yogurt: Milk  
Cheese: Milk  
Crackers: Wheat Gluten  
\*Pineapple, \*Strawberries  
Alpro Yogurt: Soya

Wheat Gluten  
Egg  
Milk  
Milk (Custard)  
Yogurt: Milk  
Alpro Yogurt: Soya

Wheat Gluten  
Egg  
Milk  
Milk (Custard)  
Yogurt: Milk  
Alpro Yogurt: Soya

Wheat Gluten  
Egg  
Milk  
Soya  
Yogurt: Milk  
Alpro Yogurt: Soya

May contain:  
Wheat gluten  
Milk  
Egg  
Dependant on Dish  
Alpro Yogurt: Soya