



## Monday

<b>Soup:</b>	Mushroom
<b>Main Meal Meat:</b>	Chicken & Bacon Lasagne & Garlic Bread
<b>Main Meal Vegetarian:</b>	Veggie Lasagne & Garlic Bread (V)
<b>Vegetables:</b>	Mixed Leaf Salad (V/VE/G) or Sweetcorn (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Lemon Muffin (V)
<b>Pasta:</b>	Tomato (V/VE) Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chicken Jalfrezi & Rice (G)
<b>Hot Sandwich:</b>	Sub Roll Sandwich Range

## Tuesday

<b>Soup:</b>	Potato & Leek
<b>Main Meal Meat:</b>	Steak Pie Served with Creamy Mash & Gravy
<b>Main Meal Vegetarian:</b>	Cheese & Onion Pasty, with Mash & Gravy (V)
<b>Vegetables 1:</b>	Carrots (V/VE/G), Peas (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Chocolate Sponge (V) & Chocolate Sauce (V/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chilli Nachos (G)
<b>Hot Sandwich:</b>	Burrito Sandwich Range

## Wednesday

<b>Soup:</b>	Carrot & Coriander
<b>Main Meal Meat:</b>	Roast Pork, Roast Potatoes, Gravy & Apple Sauce (G)
<b>Main Meal Vegetarian:</b>	Cauliflower & Broccoli Bake, Roast Potatoes & Gravy (V)
<b>Vegetable 1:</b>	Roasted Seasonal Veg (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Pancakes (V), Lemon, Sugar & Chocolate sauce (V/VE/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chinese Chicken Wings & Wedges
<b>Hot Sandwich:</b>	BBQ Sandwich Range

## Thursday

<b>Soup:</b>	Roasted Vegetable
<b>Main Meal Meat:</b>	Chicken Korma, Boiled Rice (G) & Mini Naan
<b>Main Meal Vegetarian:</b>	Quorn Korma, Boiled Rice & Mini Naan (V/G)
<b>Vegetables:</b>	Kachumber Salad (V/VE/G) or Mixed Leaf Salad
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Apple Crumble (V/VE), Custard (V/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Meatball Marinara with Pasta
<b>Hot Sandwich:</b>	Chicken Sandwich Range

## Friday

<b>Soup:</b>	Pea & Mint
<b>Main Meal Meat:</b>	Battered Fish & Chipped Potatoes
<b>Main Meal Vegetarian:</b>	Vegetable Burger & Chipped Potatoes (V/VE)
<b>Vegetables:</b>	Peas (V/VE/G) or Beans (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Cookie (V/VE)
<b>Pasta:</b>	Tomato (V/VE) Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chicken Goujons or Sausage & Chips
<b>Hot Sandwich:</b>	The Plaice to Sea Range

Key: V = suitable for vegetarians VE = Suitable for vegans G=Gluten free  
 Food allergies and intolerances: Please speak to a member of the Catering Team when ordering  
 if you need information about allergens in your food.



## Monday

<b>Soup:</b>	Mushroom
<b>Main Meal Meat:</b>	Bolognese Pasta Bake
<b>Main Meal Vegetarian:</b>	Mac & Cheese (V)
<b>Vegetables:</b>	Mixed Leaf Salad (V/VE/G) or Sweetcorn (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna /Mayonnaise (G)
<b>Dessert:</b>	Chocolate Muffin (V)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chicken Korma & Rice (G)
<b>Hot Sandwich:</b>	Sub Roll Sandwich Range

## Tuesday

<b>Soup:</b>	Potato & Leek
<b>Main Meal Meat:</b>	Mince & Onion Pie Served with Creamy Mash & Gravy
<b>Main Meal Vegetarian:</b>	Creamy Veg Pie Served with Creamy Mash & Gravy (V)
<b>Vegetables:</b>	Carrots (V/VE/G), Peas (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Jam & Coconut Sponge (V), Custard (V/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chilli Nachos (G)
<b>Hot Sandwich:</b>	Burrito Sandwich Range

## Wednesday

<b>Soup:</b>	Carrot & Coriander
<b>Main Meal Meat:</b>	Roast Chicken, Roast Potatoes, Gravy (G) & Stuffing
<b>Main Meal Vegetarian:</b>	Linda McCartney's Red Onion & Rosemary Sausages, Roast Potatoes & Gravy (V/VE)
<b>Vegetables:</b>	Roasted Seasonal Veg (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Pancakes (V), Lemon, Sugar & Chocolate sauce (V/VE/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Cajun Chicken Wings & Wedges
<b>Hot Sandwich:</b>	BBQ Sandwich Range

## Thursday

<b>Soup:</b>	Roasted Vegetable
<b>Main Meal Meat:</b>	Tandoori Chicken Served with Yellow Rice (G)
<b>Main Meal Vegetarian:</b>	Chicken Style Tandoori served with Yellow Rice (V/G)
<b>Vegetables:</b>	Kachumber Salad (V/VE/G) or Mixed Leaf Salad (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Pear Crumble (V/VE), Custard (V/G)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Meatball Marinara with Pasta
<b>Hot Sandwich:</b>	Chicken Sandwich Range

## Friday

<b>Soup:</b>	Pea & Mint
<b>Main Meal Meat:</b>	Battered Fish & Chipped Potatoes
<b>Main Meal Vegetarian:</b>	Falafel Wrap with Pickled Cabbage & Mint & Yoghurt Sauce (V)
<b>Vegetables:</b>	Peas (V/VE/G) or Beans (V/VE/G)
<b>Jacket Potato:</b>	Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)
<b>Dessert:</b>	Cookie (V/VE)
<b>Pasta:</b>	Tomato (V/VE), Sausage Meatball
<b>Hot Grab &amp; Go:</b>	Chicken Goujons or Sausage & Chips
<b>Hot Sandwich:</b>	The Plaice to Sea Range

Key: V = suitable for vegetarians VE = Suitable for vegans G=Gluten free

Food allergies and intolerances: Please speak to a member of the Catering Team when ordering if you need information about allergens in your food.



### Monday

**Soup:** Mushroom  
**Main Meal Meat:** Pasta Carbonara  
**Main Meal Vegetarian:** Mushroom Carbonara (V)  
**Vegetables:** Mixed Leaf Salad (V/VE/G) or Sweetcorn (V/VE/G)  
**Jacket Potato:** Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna /Mayonnaise (G)  
**Dessert:** Banana Muffin (V)  
**Pasta:** Tomato (V/VE), Sausage Meatball  
**Hot Grab & Go:** Chicken Rogan Josh & Rice (G)  
**Hot Sandwich:** Sub Roll Sandwich Range

### Tuesday

**Soup:** Potato & Leek  
**Main Meal Meat:** Chicken & Mushroom Pie, Creamy Mash & Gravy  
**Main Meal Vegetarian:** Vegan Veg Pasty, Mash & Gravy (V)  
**Vegetables:** Carrots (V/VE/G), Peas (V/VE/G)  
**Jacket Potato:** Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)  
**Dessert:** Vanilla Sponge (V), Custard (V/G)  
**Pasta:** Tomato (V/VE), Sausage Meatball  
**Hot Grab & Go:** Chilli Nachos (G)  
**Hot Sandwich:** Burrito Sandwich Range

### Wednesday

**Soup:** Carrot & Coriander  
**Main Meal Meat:** Honey Roast Gammon, Roast Potatoes & Gravy (G)  
**Main Meal Vegetarian:** Cheese & Potato Pie & Gravy (V)  
**Vegetables:** Roasted Seasonal Veg (V/VE/G)  
**Jacket Potato:** Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)  
**Dessert:** Pancakes (V), Lemon, Sugar & Chocolate sauce (V/VE/G)  
**Pasta:** Tomato (V/VE), Sausage Meatball  
**Hot Grab & Go:** BBQ Chicken Wings & Wedges  
**Hot Sandwich:** BBQ Sandwich Range

### Thursday

**Soup:** Roasted Vegetable  
**Main Meal Meat:** Chicken Tikka Masala, Boiled Rice (G) & Mini Naan  
**Main Meal Vegetarian:** Quorn Tikka Masala, Boiled Rice & Mini Naan (V/G)  
**Vegetables:** Kachumber Salad (V/VE/G) or Mixed Leaf Salad (V/VE/G)  
**Jacket Potato:** Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)  
**Dessert:** Creamy Rice Pudding Served with Jam (V/G)  
**Pasta:** Tomato (V/VE), Sausage Meatball  
**Hot Grab & Go:** Meatball Marinara with Pasta  
**Hot Sandwich:** Chicken Sandwich Range

### Friday

**Soup:** Pea & Mint  
**Main Meal Meat:** Battered Fish & Chipped Potatoes  
**Main Meal Vegetarian:** Fishless Finger Bap (V/VE)  
**Vegetables:** Peas (V/VE/G) or Beans (V/VE/G)  
**Jacket Potato:** Beans (V/VE/G), Cheese, Coleslaw (V/G), Tuna Mayonnaise (G)  
**Dessert:** Cookie (V/VE)  
**Pasta:** Tomato (V/VE), Sausage Meatball  
**Hot Grab & Go:** Chicken Goujons or Sausage & Chips  
**Hot Sandwich:** The Plaice to Sea Range

Key: V = suitable for vegetarians VE = Suitable for vegans G=Gluten free  
 Food allergies and intolerances: Please speak to a member of the Catering Team when ordering if you need information about allergens in your food.