



All meat served is Red Tractor Assured Farm standards



All fish served in sustainably sourced

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Spinach, Mushroom & Lentil Lasagne (V)  	Rosemary & Thyme Roasted Chicken Thigh	Minced Beef & Vegetable Bolognese	Chicken & Leek Flaky pie  	Sustainable Sourced Baked Fish Fillet  
Option 2	Zesty Tofu & Black Bean Fajitas (V)  	Root Vegetable & Butter Bean Wellington (VE) 	Rich Red Lentil, Mediterranean vegetable Bolognese (VE)	Baked Glamorgan Sausages With vegetarian gravy (VE) 	Mature Cheddar, Potato & Caramelised Onion Frittata (V)  
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  
Hot Grab & Go 	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat pasta (VE)
Side	Steamed Green beans	Crushed New Potatoes Edamame Beans (VE) 	Broccoli Florets	Green Beans/Carrots Creamy Mash potatoes 	Garden Peas/Baked Beans Oven Fries
Dessert	Creamy Rice Pudding with Fruit compote	Oaty Apple Crumble With Custard	Vegetarian Strawberry Jelly With Cream	Warm Pear & Ginger Sponge With Custard	Fresh Seasonal Fruits
Daily	Selection of Yoghurts Cheese//bread 	Selection of Yoghurts Cheese//bread  	Selection of Yoghurts Cheese//bread  	Selection of Yoghurts Cheese//bread  	Selection of Yoghurts Cheese//bread  

(V)Vegetarian (VE) Vegan



Freshly prepared seasonal food, with brown breads, salads, protein options and fresh fruit available daily.

Dietary requirements are catered for. For soup, salad and dessert allergen information, please speak to a member of the Catering Team. An up-to-date allergen matrix is available in the dining area, daily.

Green = lower-carbon choice.



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Wholemeal Mac 'N' Cheese With butternut squash (VE)  	Lamb Madras With accompaniments	Chicken & Herb Sausages with onions & gravy  	Minced beef & Onion Flaky Pie  	Sustainable Sourced Baked Fish Fillet  
Option 2	Vegetable Stuffed Aubergine With spicy tomato & herb sauce (VE) 	Sweet Potato, Spinach & Chickpea Coconut Curry (VE) 	Vegetarian Sausage & white bean Hotpot (VE) 	Roasted Vegetable & Ricotta Ravioli (V)  	Sweet chilli Quinoa & Bean Burger (VE) 
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  
Hot Grab & Go 	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat pasta (VE)
Side	Mixed Vegetables	Broccoli Florets Brown Pilau Rice	Garden Peas/Carrots Creamy mash potatoes 	Steamed Green beans Parsley potatoes	Garden Peas/Baked Beans Oven baked Potato wedges
Dessert	Greek Style Yoghurt With various toppings	Apple & cinnamon Flaky Pie With custard	Chewy Golden Flapjack Bars Topped with pumpkin seeds	Chocolate Sponge & Sauce	Fresh Seasonal Fruits
Daily	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread

(V)Vegetarian (VE) Vegan



Wheat



Soy Beans



Eggs



Milk



Sulphur Dioxide



Mustard

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Appetiser	SOUP OF THE DAY MEAT FREE MONDAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
Option 1	Tomato, Spinach & Mature Cheddar Pasta Bake (V)  	Sticky BBQ Glazed Chicken Thighs	Turkey & Lentil Lasagne  	Chicken Balti With peppers & warm spices	Sustainable Sourced Baked Fish Fillet  
Option 2	Baked Beetroot Falafel With tangy garlic-yoghurt dip (V) 	Spiced Vegetarian Mince & 3 Bean Chilli Con Carne (VE) 	Moroccan-Style Cous Cous Stuffed Peppers With warm spices & chickpeas (VE)	Fragrant Thai Vegetable & Tofu Curry With lemongrass & coconut (VE) 	Spicy Bean Pattie With relish (VE)   
Option 3	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  	Jacket Potato with Baked Beans, Cheese, or Tuna  
Hot Grab & Go 	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat Pasta (VE)	Whole Wheat pasta (VE)
Side	Steamed Green Beans Herbed Quinoa	Steamed Broccoli Florets Brown Basmati Rice	Garden Peas Steamed New Potatoes	Broccoli Florets Brown Pilau Rice	Garden Peas/Baked Beans Oven Fries
Dessert	Traditional Semolina Pudding With Jam	Wild Berry & Vanilla Cheesecake	Jam Sponge With Custard	Traditional Bread & Butter Pudding with custard	Fresh Seasonal Fruits
Daily	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread	Selection of Yoghurts Cheese//bread

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