



Summer Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	
Sandwich Or Baguette Choices	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/SO/M)	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/SO/M)	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/SO/M)	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/SO/M)	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/SO/M)	Chicken Mayo (E/G/SO/M) Tuna Mayo (F/E/G/SO/M) Cheddar Cheese (G/M/SO)
Hot Meat	Beef Sausage Casserole Mash potato (G/SO/SU/C)	Chicken Burger Sweetcorn Wedges (G/SO)	Chicken Curry Naan Bread Rice greens (G)	Beef lasagne Garlic bread peas (G/E/ SO/M)	Fish Fingers Farmhouse Chips Baked Beans (F/G/E)	
Hot Veggie	Quorn Sausage Casserole Mash potato peas (E/G/SO)	Lentil Burger Sweetcorn Wedges (G)	Roasted Vegetable Bean Curry Naan Bread Rice greens (G)	Vegetable lasagne Garlic bread peas (E/M/G)	Veggie Fingers Farmhouse Chips Baked Beans (G E)	
Fruit	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	
Desserts	Fruit Yogurts (G/M)	Double Chocolate Cookie (G/M)	Blueberry Muffin (G/M/E)	Strawberry Jelly	Jam Doughnuts (G/SU)	

If you have any food allergies or intolerances, please speak to a member of staff

Allergy Advice: (C): Celery, (G): Cereals/Gluten, (M): Milk, (E): Egg, (F): Fish, (So): Soya, (Su): Sulphites, (Mu): Mustard, (SE)Sesame seeds, (CR) Crustaceans, (PE)Peanuts, (NU)Nuts,(MO) Molluscs,(LU)Lupin.



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Sandwich Or Baguette Choices	<p>Chicken Mayo – See packaging (E/G/SO/M)</p> <p>Tuna Mayo – See packaging (F/E/G/SO//M)</p> <p>Cheddar Cheese – See packaging (G/SO/M)</p>	<p>Chicken Mayo – See packaging (E/G/SO/M)</p> <p>Tuna Mayo – See packaging (F/E/G/SO//M)</p> <p>Cheddar Cheese – See packaging (G/SO/M)</p>	<p>Chicken Mayo – See packaging (E/G/SO/M)</p> <p>Tuna Mayo – See packaging (F/E/G/SO//M)</p> <p>Cheddar Cheese – See packaging (G/SO/M)</p>	<p>Chicken Mayo – See packaging (E/G/SO/M)</p> <p>Tuna Mayo – See packaging (F/E/G/SO//M)</p> <p>Cheddar Cheese – See packaging (G/SO/M)</p>	<p>Chicken Mayo – See packaging (E/G/SO/M)</p> <p>Tuna Mayo – See Packaging (F/E/G/SO//M)</p> <p>Cheddar Cheese – See packaging (G/SO/M)</p>
Hot Meat	<p>Beef Sausage Casserole</p> <p>(Beef/ Water/ Rusk Wheat/ Chicken/ Calcium Carbonate/ Iron/ Niacin/ Vitamin B /Dextrose /Stabiliser / Sodium / Polyphosphate / E451 / Monosodium Glutamate / E621/ Sulphate/ E221/ Vegetable Protein/ Soya/ Antioxidant/ Ascorbic Acid/ E300/ Spice Extracts/ Potato Starch / Palm Oil/ Salt/ Celery/ Carrots/ Swede / Turnip/ Onion)</p> <p>Mash potato (Potato/ Rapeseed Oil/ Palm Oil/ Salt/ White Pepper/ E471) (G/SO/SU/C)</p>	<p>Chicken Burger</p> <p>(Chicken Breast/ Wheat Flour/ Tapioca Starch/ Sugar/ Yeast Extract/ Dextrose/ Garlic/ Spices/ Wheat/ Water/ Salt/ Yeast/ /monocalcium phosphates/Penta sodium triphosphate palm Oil/garlic/paprika extract/Disodium diphosphate/sodium bicarbonate/onion/paprika)</p> <p>Wedges Potato starch/ potato maize/ rice maize/ yeast extract/ E450/ E500II/ E415/ spice extract/ dextrose/ Rapeseed oil</p> <p>Sweetcorn (G)</p>	<p>Chicken Curry</p> <p>(Chicken/salt/coriander/turner ic/rice flour/fenugreek/cumin/ginger/s alt/ Black pepper/MUSTARD powder Paprika/coloure160/fennel/nut meg/ Salt/corn starch)</p> <p>Garlic and coriander Naan (Wheat flour/calcium/iron/water/oil/rais ing agent/garlic/yeast Rice) (MU/G)</p>	<p>Mince Beef (beef/tomato/water/onion garlic/oregano/mixed herbs potato starch/palm oil/salt WHEAT flour/calcium carbonate/iron/niacin/thiamine / Maltodextrin/colour (ammonia caramel) SOYA/monosodium glutamate/disodium guanylate Emulsifier)</p> <p>GARLIC BREAD (Wheat flour/calcium carbonate/iron/niacin/thiamine 'Rapeseed oil/palm oil/water/emulsifier/mono and diglycerides of fatty acids/carotenes/water/garlic puree/salt/yeast/parsley/flour treatment agent (ascorbic acid)</p> <p>Bechamel sauce (modified maize starch/Wheat flour skimmed MILK/durum) WHEAT/EGG</p>	<p>Fish fingers</p> <p>(Cod fillet/white fish/WHEAT/calcium carbonate/iron(b3)/sunflower oil/water/yeast/salt/capsanthin/cumin/ turmeric farmhouse fries/ potato/rapeseed oil/palm oil)</p> <p>Baked beans (beans/water/tomato puree/sugar/modified maize starch/glucose fructose syrup/salt/onion powder/ground paprika)</p>
Hot Veggie	<p>Quorn Sausage Casserole</p> <p>(Mycoprotein/ Egg/ Calcium Chloride/ Calcium Acetate/ Pectin/ Wheat/ Vegetable Starch/ Salt/ Calcium Carbonate/ Niacin/ Vitamin B1/ Dextrose/ Sodium/Polyphosphate/ Monosodium Glutamate/ Sulphite/ Vegetable Protein/ Soya/ E800/ Potato Starch/ Palm Oil/ Wheat/ Iron/ Thiamine Maltodextrin/ Ammonian Caramel/ Disodium Guanylate/ Emulsifier/ Onion)</p> <p>Mash potato - Potato/ Rapeseed Oil/ Palm Oil/ Salt/ White Pepper/ E471 (E/G/SO)</p>	<p>Lentil mix seed Burger.</p> <p>(Lentil/sunflower seeds/ onions/ barbecue sauce/ (water/ sugar/ tomato paste/ spirit vinegar/glucose fructose syrup/ modified starch maize starch/ bramble apple sauce/ (contains SULPHITES' e223/ salt/ apple juice concentrate/ acidity regulator/ e260/ coloure150/ smoke flavourings/ e202/ e415/ paprika/ onion/ garlic/ black pepper/ cayenne pepper/ gluten free oats/ brown flax sees/ gluten free plain flour (rice flour/ potato starch/ tapioca starch/ maize flour/ buckwheat) shallots/ chipotle chilli paste (chipotle chilli / onion/ tomato puree/ vinegar/ garlic/ olive oil/ veg bouillon (sea salt/potato starch/ maltodextrin/ yeast extract/ onion powder/ sugar/ garlic powder/ herbs/ spice extract/ smoked paprika/ onion/ allspice black pepper)</p> <p>Sweetcorn Wedges - Potato starch/ potato maize/ rice maize/ yeast extract/ E450/ E500II/ E415/ spice extract/ dextrose/ Rapeseed oil (G)</p>	<p>ROASTED VEGETABLE AND BEAN CURRY</p> <p>Carrot/sweet potato/onion/parsnip/ Butternut squash/potato/salt/coriander/ Turmeric/rice flour/fenugreek/cumin/ginger Black pepper/MUSTARD POWDER/ Paprika/e160/fennel/nutmeg/salt/cor n starch/ Veg oil/sugar/yeast/veg powders/carrot/peas/onion/parsnip Sunflower oil /lovage leaves/parsley/turmeric/parsley/turm enc/ Xanthan gum</p> <p>Rice (G)</p>	<p>Vegetable lasagne</p> <p>Garlic bread</p> <p>Onion/ mushrooms/ spinach/ Cauliflower/ carrot/ garlic Tomato/ vegetable stock (salt/ corn starch/ palm oil/ rape seed oil) sugar/ yeast extract/vegetable powder (carrot/ onion/ dried peas/ parsnip) sunflower oil/ lovage leaves/ parsley/ turmeric/ xanthan gum/ Pasta sheets durum WHEAT /EGG /modified maize starch/ WHEAT flour Skimmed MILK/ CHEESE</p>	<p>Veggie Finger</p> <p>(Soya Protein/ Water/ Yeast Extract/ Onion Powder/ Dextrose/ Herb Smoke Flavouring/ Beetroot Powder/ Rapeseed oil/ Methyl Cellulose/ Tomato Puree/ Bamboo Fibre.)</p> <p>Farmhouse chips (Potato/ rapeseed oil / palm oil)</p> <p>Beans (Beans/ water/ tomato puree/ sugar/ modified maize starch/ glucose fructose syrup/ salt/ onion powder/ Ground paprika) (G E)</p>
Fruit	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges
Desserts	<p>Fruit Yogurts – See Packaging (G/M)</p>	<p>Double Chocolate Cookie – See Packaging (G/M)</p>	<p>Blueberry Muffin – See Packaging (G/M/E)</p>	<p>Strawberry Jelly – Sugar/gelling agent (carrageenan)/ citric acid/ acidity regulator (dipotassium citrate)/ colours (beetroot red/annatto norbixin), flavouring.</p>	<p>Jam Doughnuts – Wheat/ calcium/ carbonate/ iron/ niacin/ thiamine/ water/ apple and raspberry jam/ glucose/ fructose/ syrup/ apple puree/ sugar/ raspberry puree/ acidity regulators/ E330/ E331/ E163/ gelling agent/ E440/ palm oil/ sweet dust/ dextrose/ cornflour/rapeseed oil/ sugar/ E510/ E450/ E342/ yeast/ E481/ E471/ potassiumchloride/ salt/ E466/ E300 (G/SU/W)</p>