



Summer Menu - Week 2

	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)
Hot Meat	Jerk Chicken Rice Peas Sweetcorn (E/SO/G)	Beef Pie Creamed potato Veggie (G/E/SO/M)	Roast Chicken Herb crumb Roast potato Mixed veg (G/W/SO)	Jacket Potato With Lamb Bolognese peas	Cod fish fingers Farmhouse chips Baked Beans (F/G)
Hot Veggie	Jerk Quorn Rice Pea Sweetcorn (SO/G/C)	Vegetable pie Creamed potato Veggie (G)	Sweet potato Cranberry Loaf Roast potato Mixed veg (G/W/SO)	Jacket Potato With Baked Beans and Cheese peas (M)	Vegetable Croquette 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



Summer Menu - Week 2 **Ingredients**

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Or Baguette Choices	Chicken Mayo – See packaging (E/G/SO/M)	Chicken Mayo – See packaging (E/G/SO/M)	Chicken Mayo – See packaging (E/G/SO/M)	Chicken Mayo – See packaging (E/G/SO/M)	Chicken Mayo – See packaging (E/G/SO/M)
	Tuna Mayo – See packaging (F/E/G/SO/M)	Tuna Mayo – See packaging (F/E/G/SO/M)	Tuna Mayo – See packaging (F/E/G/SO/M)	Tuna Mayo – See packaging (F/E/G/SO/M)	Tuna Mayo – See packaging (F/E/G/SO/M)
	Cheddar Cheese – See packaging (G/SO/M)	Cheddar Cheese – See packaging (G/SO/M)	Cheddar Cheese – See packaging (G/SO/M)	Cheddar Cheese – See packaging (G/SO/M)	Cheddar Cheese – See packaging (G/SO/M)
Hot meat lunch box	Jerk chicken Water/onion/spring onion/pimento/cayenne pepper/ Modified corn/starch/spirit vinegar/black pepper/acid/clove/nutmeg Chicken thyme.	Beef pie Diced (beef/onion/garlic/tomato Potato starch/palm oil/rapeseed oil/sugar/yeast extract/salt/vegetable powder/carrot/dried peas/onion/parsnip/parsley/turmeric Potato WHEAT flour/water/vegetable oil(palm/rapeseed)/salt/emulsifier/ (mono-and diglycerides of fatty acids) Ascorbic acid /cysteine/EGG/ Cornflour Soya	Roast Chicken Herb crumb Chicken/ mixed herbs/ rapeseed oil / salt/ pepper/ Wheat/ calcium carbonate/ iron/ niacin/ thiamine/ water/ yeast/ potato starch/ palm oil/ maltodextrin/ ammonia caramel/ soya/ Monosodium glutamate/ disodium guanylate.	Jacket potato Lamb bolognese Potato/mince lamb/ Onion/mixed herbs/ Tomato/cornflour/veg bouillon (salt/corn starch/veg oil/palm and rapeseed oil/sugar/yeast extract/veg powder/carrot/dried peas/onion/parsnip/ Sunflower oil/lovage leaves/parsley Turmeric/xanthan gum	Cod fish fingers Cod fillet/white Fish/Wheat / calcium carbonate/ iron/(B3)/ Thiamine(B1)/ sunflower oil Water/ Yeast/ salt/ capsanthin/ curcumin/ Turmeric.
	Rice/kidney beans Salt/corn starch/vegetable oil/palm oil/rapeseed oil/sugar/yeast extract/vegetable powders/carrot/dried peas/onion/parsley/turmeric/xant han gum Corn flour/gravy browning.		Roast Potato (Potato/ rapeseed oil/ salt/ pepper/ mixed herbs)	Peas	Farmhouse chips Potato/ rapeseed oil / palm oil
Hot Veggie lunch box	Jerk quorn Microprotein/pea/fibre/potato protein/pea protein/WHEAT gluten/ Stabiliser.carrageenan./ Water/onion/spring onion/pimento/cayenne pepper/ Modified corn/starch/spirit vinegar/black pepper/acid/clove/nutmeg/thyme Rice/kidney beans/coconut milk Cornstarch/veg oil/palm oil/rapeseed oil/sugar/yeast extract vegetable powders/carrot/dried peas/onion/parsley/turmeric/xant han gum/cornflour/gravy browning	Vegetable pie Leeks/carrots/mushroom/s onions/potato/parsnips/peppers Veg bouillon/salt/corn starch/veg oil/palm oil/rapeseed oil/sugar/yeast extract/salt/vegetable oil/WHEAT flour/water/veg oils (rape/palm oil/salt/emulsifier/flour treatment agents(ascorbic acids/cysteine /	Sweet Potato Cranberry Loaf - Lentil/ onion/ sweet potato/ Wheat/ calcium carbonate/ niacin/ thiamine/ salt/ rapeseed oil/ tomato/ citric acid/ cranberry	Jacket potato Baked beans/cheese Potato / baked beans (beans/water/tomato/ Sugar/modified maize starch/glucose fructose syrup/salt/onion powder/ground paprika Cheese/M	Vegetable Croquette (Soya protein/ plain caramel/ yeast extract/ onion powder/ dextrose/ salt/ maltodextrin /citric acid/ White pepper/ Milk/ starch/ onion/ durum wheat/ semolina/ carrot/ green beans/ sweetcorn/ Peppers/ garlic/ mushroom)
			Roast Potato – Potato/ rapeseed oil/ salt/ pepper/ mixed herbs	Peas.	Farmhouse chips - Potato/ rapeseed oil / palm oil
			Mixed Veg – Carrots/ Cauliflower/ Green beans (W/SO)		Baked beans - Beans/ water/ tomato puree/ sugar/ modified maize starch/ glucose fructose syrup/ salt/ onion powder/ground paprika.
Fruit	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges	Apple / Satsuma Oranges
Desserts	Fruit Yogurts – See Packaging (G/M)	Double Chocolate Cookie – See Packaging (G/M)	Blueberry Muffin – See Packaging (G/M/E)	Strawberry Jelly (Sugar/gelling agent (carrageenan)/ citric acid/ acidity regulator (dipotassium citrate)/ colours (beetroot red/annatto norbixin), flavouring.)	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/ potassium chloride/ salt/ E466/ E300) (G/SUM)