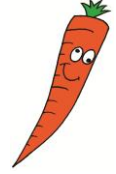


Hot Lunch Menu Example

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Lincolnshire Sausages with Curly Fries (G,S)	Macaroni Cheese (G,M,Mu,So)	Roast Beef with Roast Potatoes	Mild Homemade Chicken Curry with Wholegrain Rice (G,M,Mu,C)	Cod Fishcake with New Potatoes (G,F)	
Vegetarian	Glamorgan Sausages with Curly Fries (G,M,Mu)		Roasted Vegetable & Lentil Loaf with Roast Potatoes (G,M,So)	Homemade Butternut Squash & Chickpea Curry with Wholegrain Rice (G,M,Mu,C)	Cheese & Sweet Potato Pie (M,So)	
Baked Potato & Topping	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	
Vegetables	Baked Beans	Broccoli	Mixed Vegetables	Green Beans	Peas	

Week one
W/C



6th June
27th June
18th July

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Burger with Seasoned Wedges (G)	Ham & Cheese Pasta Bake (G,M,Mu,So)	Cheese Pizza with Herby Diced Potatoes (G,M)	Mild Beef Chilli-Con-Carne with Wholegrain Rice (C)	Salmon Fish Fingers with Mashed Potato (G,F)
Vegetarian	Vegetable Burger with Seasoned Wedges (G)	Tomato, Basil & Mixed Bean Pasta (G,C)		Leek, Potato & Cheese Crumble (G,M,Mu,So)	Quorn Fishless Fingers with Mashed Potato (G)
Baked Potato & Topping	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)
Vegetables	Baked Beans	Mixed Vegetables	Sweetcorn	Green Beans	Peas
Dessert	Chocolate Brownie or Fresh Fruit (G,E,M)	Cherry Cake or Fresh Fruit (G,M,S)	Strawberry Cheesecake or Fresh Fruit (G,M)	Vanilla Shortbread of Fresh Fruit (G,M)	Sliced Peaches with Custard or Fresh Fruit (M,So)

Week Two
W/C



13th June
4th July

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pork Sausages with Herby Diced Potatoes (G,S)	Beef Pasta Bolognese (G,C)	Roast Ham with Roast Potatoes	Chicken Lasagne with Garlic Bread (G,M,Mu,So,E)	Breaded Cod & Chips (G,F)
Vegetarian	Vegetable Sausages with Herby Diced Potatoes (G,C)	Roasted Vegetable Pasta Bolognese (G,C)	Ratatouille & Mixed Bean Crumble with Roast Potatoes (G,M,C,So)	Spinach & Ricotta Cannelloni with Garlic Bread (G,E,M,So,Mu)	Vegetable Fingers & Chips (G)
Baked Potato & Topping	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)	Baked Beans, Cheese (M) or Tuna Mayo (F,E)
Vegetables	Baked Beans	Green Beans	Carrot & Swede	Sweetcorn	Peas
Dessert	Apple Crumble with Custard or Fresh Fruit (G,M)	Banana Delight or Fresh Fruit (M)	Fruit Cookies or Fresh Fruit (G,E,So,M)	Raspberry Jelly or Fresh Fruit	Honey & Lemon Flapjack or Fresh Fruit (G,M,S)

Week Three
W/C



20th June
12th July

G Contains Gluten, **M** Contains Milk, **F** Contains Fish, **E** Contains Egg, **C** Contains Celery, **S** Contains Sulphites, **Mu** Contains Mustard, **So** Contains Soya., **Se** Contains Sesame. None of our products contain Shellfish, Molluscs, Peanuts, Tree Nuts, or Lupin. Any questions or if you require the allergen key to be translated to Polish call: 01935 425447 Salad bar, Fresh bread and water available with all meals. To ensure quality of dishes it may be necessary on occasions to offer a suitable alternative to those shown on the menu.