

**Week  
One**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meals Meat</b>	Pork Sausage or Quorn sausage with mashed potatoes and gravy	Cheesy tomato pasta with garlic bread	Chicken pizza baguette or cheese and tomato pizza with potato wedges	Tuna and sweetcorn pasta bake or plain pasta	Fish fingers for our younger diners and battered fish for our juniors and seniors with chips
<b>ALLERGENS</b>	Gluten, sulphites in pork sausages milk in mash gluten in Quorn sausage	Gluten, milk	Gluten, milk	Gluten, fish, milk	Gluten, fish in both dishes
<b>Jacket potatoes</b>	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise
<b>ALLERGENS</b>	Milk in cheese Egg,mustard in tuna nil in beans	Milk in cheese Egg,mustard in tuna nil in beans	Milk in cheese Egg,mustard in tuna nil in beans	Milk in cheese Egg,mustard in tuna nil in beans	Milk in cheese Egg,mustard in tuna nil in beans
<b>Sandwiches</b>	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise
<b>ALLERGENS</b>	All contain gluten and milk Egg and mustard in tuna mayonnaise	All contain gluten and milk Egg and mustard in tuna mayonnaise	All contain gluten and milk Egg and mustard in tuna mayonnaise	All contain gluten and milk Egg and mustard in tuna mayonnaise	All contain gluten and milk Egg and mustard in tuna mayonnaise
<b>Vegetables</b>	Garden peas	Green beans	Baby carrots	Runner beans	Garden Peas
<b>Vegetables</b>	Sweetcorn	Mixed vegetables	Mike's mixed salad	Sweetcorn	Baked beans
<b>Salad Bar</b>	ICEBERG LETTUCE, CUCUMBER,TOMATOES,SWEETCORN AND GRATED CARROT SERVED WITH FRESHLY BAKED MALTED WHEAT BREAD OFFERED ALONGSIDE ALL MAIN MEALS				
<b>ALLERGENS</b>	GLUTEN IN MALTED WHEAT BREAD				
<b>Dessert of the Day</b>	Mandarins	Jam and coconut sponge with custard	Sliced peaches	Apple crumble and custard	Fresh fruit salad
<b>ALLERGENS</b>	Nil	Gluten,milk milk in custard	Nil	Gluten,egg,milk milk in custard	Nil
<b>Cold Dessert Choices</b>	A SELECTION OF YOGHURTS, FRUBES ,FRESH FRUITS AND VEGETARIAN JELLIES				
	All Menus are subject to change depending on the circumstances of the daily business				