



(M) Milk (F) Fish  
(G) Gluten (S) Soya  
(E) Egg

● Red – Meat Dishes  
● Green – Vegetarian  
● Blue - Fish  
● Black - Halal

PREP MENU A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<u>Turkey Meatballs</u> Turkey Meatballs In A Rich Tomato & Herb Sauce	<u>Chicken Goujon</u> Chicken Inner fillet In Gluten Free Golden Breadcrumbs	<u>Salad &amp; Baked Potato Day</u>  Diced Chicken	<u>Roasted Turkey</u> Traditional Roasted Butterfly Turkey	<u>Cod Fish Fingers</u> Cod Fillet In Golden Breadcrumbs (G)(M)
<b>Vegetarian</b>	<u>Macaroni Cheese Bake</u> Pasta In A Cheesy Sauce With A Cheese Crust (G)(M)	<u>Cheese &amp; Potato Pie</u> Creamy Mashed Potato With A Melting Cheese Top (M)	Cheese (M) Beans Tuna	<u>Vegan Sausage Roll</u> Vegan Sausage Wrapped In A Puff Pastry (G) 	<u>Buttermilk Quorn Burger</u> Quorn Burger In A Crisp Coating (G)(M)
<b>Additional Choices</b>	<u>Veggie Jambalaya</u> Quorn Strips With Vegetables & Tomato Sauce (G) 	<u>Pasta with Cheese</u> Penne Pasta With Grated Cheese (G)(M)	Bread Roll (G)		<u>Fish-Less Fingers</u> Vegan Alternative In Golden Breadcrumbs (G) 
		<u>Halal Chicken Fillet</u>	<u>Diced Halal</u> <u>Chicken Breast</u>	<u>Roasted Chicken Breast</u>	
<b>Accompaniments</b>	New Potatoes Pasta Peas Sweetcorn	Wedged Potato Peas Carrots	<b>S a l a d</b>	Roast Potatoes Peas Cauliflower	Potato Tots Sweetcorn Carrots
<b>Desserts</b>	Chocolate Chip Sponge Lemon Sponge  Yoghurts	Flapjack Jam Tarts / Peaches  Yoghurts	Shortbread Fruit Crumble  Yoghurts	Chocolate sponge Melon Wedge  Yoghurts	Vegetarian Jelly Doughnuts  Yoghurts



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PREP MENU B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<u>Beef Lasagne</u> Minced Beef In Tomato Sauce With Cheese Topping (W)(M)	<u>Sweet &amp; Sour Chicken</u> Diced Battered Chicken Breast In A Tangy Vegetable Sauce (G)(M)(C)	<u>Salad &amp; Baked Potato Day</u>  Diced Chicken	<u>Roasted Turkey</u> Carved Turkey Breast In Gravy	<u>Cod Fish Fingers</u> Cod fillet In Golden Breadcrumbs (G)(F)
<b>Vegetarian</b>	<u>Cheese Turnover</u> Cheese & Onions In A Puff Pastry (G)(M)	<u>Oriental Stir Fry Stir Fried</u> Vegetables With A Side Of Sweet & Sour Sauce	Cheese  Beans  Tuna	<u>Veggie Meatballs</u> Quorn Vegan Meatballs In A Tomato Sauce (G)(B)	<u>Vegan Quorn Nuggets</u> Quorn Pieces In A Soft Batter (G)
<b>Additional Choices</b>	<u>Vegan Quorn Nuggets</u> Vegetarian alternative In A Light Batter (G)	<u>Pesto Pasta</u> Penne Pasta Dressed In Vegan Pesto (G)	Bread Roll (G)		<u>Vegan Fingers</u> Vegetable Fingers In Breadcrumbs (G)
			<u>Diced Halal Chicken Breast</u>	<u>Halal Roasted Chicken</u>	
<b>Accompaniments</b>	New Potatoes / Pasta Peas Sweetcorn	Rice Sweetcorn Peas	Salad	Roast Potatoes Cabbage Carrot Gravy	Peas Sweetcorn Tomato Ketchup
<b>Desserts</b>	Chocolate Chip Sponge Lemon Sponge  Yoghurt	Flapjack Jam Tarts Peaches Yoghurts	Flapjack Rice Krispy Crunch  Yoghurts	Chocolate Sponge Toffee Sauce Fruit Crumble Peaches & Pineapple	Doughnuts Blueberry Muffins



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PREP MENU C	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	<u>Chicken Tikka Masala</u> Diced Marinated Chicken Breast In A Mild Creamy Curry Sauce (M)(C)(Su)	<u>Pork Sausage</u> Lashfords Butcher Sausage Served With A Hot Dog Roll (G)	<u>Salad &amp; Baked Potato Day</u>  Diced Chicken	<u>Roasted Chicken</u> Roasted Chicken Breast Served With Gravy	<u>Margarita Pizza</u> 50/50 Base With Tangy Tomato & Mixed Cheese (G)(M)
<b>Vegetarian</b>	<u>Rustic Tomato Pasta</u> Penne shaped Pasta With A Rich Tomato Sauce (G)	<u>Vegan Quorn Hot Dog</u> Alternative Vegan Hot Dog (G)	Cheese  Beans  Tuna 	<u>Cheese &amp; Potato Pie</u> Mashed Potato With Oozing Cheese (M)	<u>Margarita Pizza</u> 50/50 Base With Tangy Tomato & Mixed Cheese (G)(M) 
<b>Additional Items</b>	<u>Cheesy Penne</u> Penne Pasta With Grated Cheese  (G)(M)	<u>Vegetable Sausage</u> Mixed Vegetables & Rice Formed Into Sausage (G)	Bread Roll (G)	<u>Diced Quorn</u> Diced Soya Alternative (S)(E)	<u>Vegan / Gluten Free Pizza</u> 
	<u>Chicken Tikka Masala</u> (M)(C)(Su)		<u>Diced Halal Chicken Breast</u>		
<b>Accompaniments</b>	Rice/ Potato Sweetcorn Carrot and Peppers	Mashed Potato Or Roll Peas Cauliflower Gravy	Salad	Roast Potatoes Broccoli Carrots Gravy	Mini Waffles Baked Beans Sweetcorn Tomato Ketchup
<b>Desserts</b>	Iced Marble Sponge Jam Tarts  Yoghurts	Shortbread Cornflake Tart  Peaches / Yoghurt	Flapjack Rice Krispy Crunch  Yoghurts	Chocolate Cake Fruit Crumble  Yoghurts	Cookies Mousse  Yoghurts

# Allergens

## FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients  
in your meal, when making your order.

Thank you.

**G** Gluten

**Se** Sesame

**Mu** Mustard

**Eg** Egg

**Lu** Lupin

**Ms** Molluscs

**M** Milk

**N** Nuts

**Cr** Crustaceans

**Sy** Soya

**F** Fish

**Ce** Celery

**SO<sup>2</sup>** Sulphur Dioxide

# FOOD HYGIENE RATING



## VERY GOOD

Area inspected by food safety officer	Standards found
<p><b>Hygienic food handling</b></p> <p>Hygienic handling of food including preparation, cooking, re-heating, cooling and storage</p>	<p><b>Very good</b></p>
<p><b>Cleanliness and condition of facilities and building</b></p> <p>Cleanliness and condition of facilities and building (including having appropriate layout, ventilation, hand washing facilities and pest control) to enable good food hygiene</p>	<p><b>Very good</b></p>
<p><b>Management of food safety</b></p> <p>System or checks in place to ensure that food sold or served is safe to eat, evidence that staff know about food safety, and the food safety officer has confidence that standards will be maintained in future</p>	<p><b>Very good</b></p>