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Contains:  Halal  Dairy  Gluten  Mild Spice  Crustaceans  Eggs  Sulphates  Celery  Soya  Fish  Mustard

'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Roast Vegetable Lasagne</b> Mushrooms and vegetables in a tomato sauce, layered with cheese sauce and lasagne sheets served with garlic bread</p> <p>  </p>	<p><b>Bangers and Mash</b> Pork sausages and mashed potato served with onion gravy</p> <p>  </p>	<p><b>Chicken and Broccoli Pie</b> Chicken and broccoli florets in a creamy sauce topped with puff pastry</p> <p>   </p>	<p><b>Roast Gammon and Pineapple</b> Honey glazed gammon served with fresh sliced pineapple</p>	<p><b>Chefs Crispy Battered Pollock</b> Hand battered pollock served with tartar sauce and lemon wedges</p> <p>  </p>
<p><b>BBQ Flatbreads</b> Warm flatbreads topped with stir-fried BBQ vegetables</p> <p></p> <p>Served with a yoghurt and coriander dressing</p> <p></p>	<p><b>Italian Theme Bar</b> Tortellini parcels filled with ricotta cheese red in a tomato &amp; basil sauce</p> <p>  </p> <p>Italian style chicken pasta Served with garlic bread</p> <p>   </p>	<p><b>Chunky Vegetable Chilli</b> A rustic vegetable chilli served with rice, sour cream and avocado salsa</p> <p> </p>	<p><b>Pizza Theme Bar</b></p> <p>  </p> <p>Vegetable pizza Chicken pizza</p>	<p><b>Roasted Pepper Quiche</b> Roasted red peppers with Cheddar cheese baked in a shortcrust base</p> <p>  </p>
				<p><b>Grilled Sausages</b>  </p> <p><b>Vegetarian Sausages</b>   </p> <p><b>Beef Burger</b>  </p>
<p>New potatoes Baby sweetcorn Baton carrots</p>	<p>Mashed potato </p> <p>Garden peas Roasted vegetables</p>	<p>Roast potatoes Carrot batons Steamed broccoli spears</p>	<p>Minted new potatoes Cauliflower florets Steamed leeks</p>	<p>Mushy and garden peas Baked beans Chipped or mashed potatoes </p>
<p><b>Jacket Potatoes</b> Served with baked beans &amp; grated cheese </p>				
<p><b>Chocolate Sponge with Chocolate Sauce</b> A chocolate genoise sponge served with lashings of chocolate sauce</p> <p>  </p>	<p><b>Bakewell Tart</b> Nutless frangipane and strawberry jam in a pastry case served with custard</p> <p>  </p>	<p><b>Coconut and Jam Sponge</b> A light genoise sponge topped with jam and coconut served with custard</p> <p>  </p>	<p><b>Summer Berry Crumble</b> A selection of summer berries topped with an oat crumble served with custard</p> <p> </p>	<p><b>Treacle Tart</b> Warm sticky treacle tart served with custard</p> <p> </p>
<p><b>Fruit yoghurts, fresh fruit, sliced fruit and assorted cold sweets available every day</b>  </p>				