




























MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crust-acean
Pork Sausages (Pork, Bean & Veg)														
Gravy (Everyday Favourites)														
Herb Crusted Chicken with Spaghetti Marinara	X (Wheat)													
Roast Beef														
Battered Fish Fillet	X (Wheat, MC Barley)			X										
Chicken Pie	X (Wheat)	X					X							
Roast Chicken														
Sage & Onion Stuffing	X (Wheat)													
Beef Burger (Beef, Bean & Veg)														
Burger Bun (using Middletons 50/50)	X (Wheat)				X									
Salmon Fishcake	X (Wheat)			X										
Chicken Curry														
Turkey Roast														
Beef Lasagne	X (Wheat, Oats, MC Barley)	X	MC			X	X							
Fish Fillet Fingers	X (Wheat)			X										

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VEGETARIAN / VEGAN MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Cheese & Tomato Quiche (v)	X (Wheat)	X	X				X							
Mild Sweet Potato & Chickpea Curry (Ve)														
Mince Slice (Ve)	X (Wheat, MC Barley)				X									
Quorn Frankfurter (v)			X											
Roll (using Middletons 50/50)	X (Wheat)				X									
Cheesy Spring Vegetable Bake (v)	X (Wheat)	X					X							
Classic Cheese & Tomato Pizza (v)	X (Wheat)	X	MC		X									
Tex Mex Quorn Fajita (v)	X (Wheat)		X		X									
Creamy Macaroni Cheese (v)	X (Wheat)	X					X							
Moroccan Tagine (Ve)														
Plant Balls (Ve)	X (Barley, Wheat)		MC		X	MC	MC				MC			
Roasted Summer Veg Pasta (Ve)	X (Wheat)													
Homemade Sausage Roll (Ve)	X (Wheat)													
Quorn Burger (v)	X (Barley, Wheat)	X	X											
Burger Bun (using Middletons 50/50)	X (Wheat)				X									

														
VEGETARIAN / VEGAN MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Rich Tomato Bolognese (Ve)	MC				X									
Roast Quorn Fillet (v)			X											
Chipolata Sausages (Ve)														

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SIDE DISHES	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Pasta	X (Wheat)													
Potato Wedges														
Rice														
Roast Potatoes						MC								
Wholemeal Pasta	X (Wheat)													
Diced Potatoes														
Garlic Bread	X (Wheat)				X									
Tricolour Pasta	X (Wheat)													
Tomato Bread	X (Wheat)	X	MC		X									
Couscous	X (Wheat)				MC		MC							
Herby Bread	X (Wheat)				X									
Spaghetti	X (Wheat)													
Oven Chips														




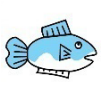










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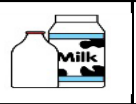
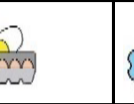
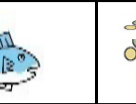



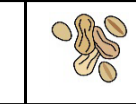






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DESSERTS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Peach Burrito 50% Fruit (v)	X (Wheat)													
Ice Cream		X												
Fresh Fruit Wedges (Ve)														
Fresh Fruit Jelly 50% Fruit (Ve)								X						
Carrot & Orange Cake (v)	X (Wheat, MC Barley, MC Oats)	MC	X											
Chocolate Cookie (Ve)	X (Wheat)													
Chocolate & Banana Custard 50% Fruit (v)		X						X						
Lemon Shortbread (Ve)	X (Wheat)													
Ice Cream with a Cherry Cookie “Wafer” (v)	X (Wheat)	X						X						
Strawberry Mousse (v)	X (Wheat)	X												
Apple & Blueberry Danish 50% Fruit (Ve)	X (Wheat)													
Chocolate Muffin (v)	X (Wheat, MC Barley, MC Oats)	X	X											















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Cold Options	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Tuna Mayo Roll	X (Wheat)		X	X	X									
Cheese Spread Roll (v)	X (Wheat)	X			X									
Ham Sandwich	X (Wheat)				X									
Cheese Baguette (v)	X (Wheat)	X			MC									
Egg Mayo Roll (v)	X (Wheat)		X		X									

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SPECIAL MENU ALTERNATIVES	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Gluten Free Bean & Vegetable Grill														
Gluten Free Bread Roll/Bun (using Dr Schar Gluten Free White Ciabatta)					X		MC				MC	MC		
Gluten Free Garlic Bread (using Dr Schar Gluten Free White Ciabatta)					X		MC				MC	MC		
Gluten Free Fishcake (using Redhouse GF Fishcake)				X										
Gluten Free Crumb Coated Chicken Grill														
Gluten Free Fish Finger (using Birds Eye GF Fish Finger)				X										
Gluten Free Pizza		X			X		MC				MC	MC		
Gluten Free Macaroni Cheese		X			MC		X							
Gluten Free Beef Bolognese						X								
Chicken Gravy Pie (Dairy Free)	X Wheat													
Gluten Free Roasted Summer Veg Pasta														
Gluten Free Sponge		X	X											
Gluten Free Cupcake		X	X											
Gluten Free Cookie														
Gluten Free Pasta					MC									
Quorn Vegan Nuggets	X Wheat													
Quorn Fillet			X											
Southern Style Quorn Burger	X Wheat	X	X											
Iced Fruit Smoothie														
EF Vegetable Sausage	X Wheat					X								
Plain Cookie	X Wheat													
Plain Sponge	X Wheat	X	X		X									
Plain Jelly														

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EXTRAS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Jacket Potato with Cheese		X												
Jacket Potato with Tuna, plain*				X										
Jacket Potato with Tomato Bolognese (Ve)	MC (Barley, Wheat)				X									
Jacket Potato with Baked Beans														
Jacket Potato with Cheese & Coleslaw		X	X											
Jacket Potato with Roasted Tomato Sauce (Ve)														
Jacket Potato with Sausage & Beans (Ve)														
Jacket Potato with Tuna Mayo & Sweetcorn			X	X										
Jacket Potato with Mild Bean Chilli (Ve)														
Jacket Potato with Tomato Plant Balls (Ve)	X (Barley, Wheat)		MC		X	MC	MC				MC			
*if with Salad Cream			X				X							
*if with Light Mayonnaise			X											

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Fruit & Pasta Salad	X (Wheat)							X						
Green Salad														
Indian Potato Salad														
Italian Pasta Salad	X (Wheat)													
Shredded Iceberg Lettuce Salad														
Three Bean Salad														
Tomato Salad														
Tomato & Red Onion Salad														
Waldorf Salad			X			X								

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