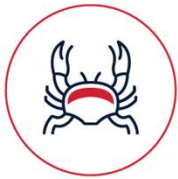


# THINK ABOUT ALLERGY

**ALLERGY INFORMATION** All menu items are labeled with allergies as well as the weekly menu. Remember if you have a food allergy or intolerance ask before choosing.



**Crustaceans**



**Eggs**



**Tree Nuts**



**Celery**



**Molluscs**



**Mustard**



**Lupin**



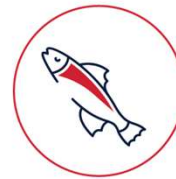
**Peanuts**



**Soybeans**



**Milk**



**Fish**



**Gluten**



**Sulphur  
Dioxide**



**Sesame  
Seeds**

# LUNCH MENU 28.10 -01.11

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>SOUP</b>	Tomato	Vegetable	Broccoli	Potato	Beef broth
<b>HAND</b>	Chicken parmigiana	Beef shepherd's pie	Mild coconut chicken korma	Lasagne	Breaded fresh cod and lemon
<b>VEGETARIAN</b>	Sweet potato, chickpea & feta falafel with chutney	Lentil & vegetable ragu, tagliatelle	Cheddar & black bean quesadilla with salsa	Tuscan Cannellini stew	Tomato & basil risotto with parmesan
<b>SIDES</b>	Pasta Cauliflower Sautéed greens	Roast diced potato Broccoli Roast Pumpkin	Rice Carrots Corn on the cob	Stir-fried vegetables Peas Bulgar	Roast potato wedges Roasted Carrots Steamed greens
<b>DESSERT</b>	Selection of fresh fruits	Selection of fresh fruits	Selection of fresh fruits	Selection of fresh fruits	Panna cotta with fresh fruit

For allergen information please ask a member of the team.



# SALAD BAR MENU 28.10 -01.11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED SALADS	<p>Feta &amp; cucumber</p> <p>Potato salad</p>	<p>Roast vegetable quinoa</p> <p>Mediterranean Greek Salad</p>	<p>Basil pesto pasta</p> <p>Rainbow slaw</p>	<p>Mushroom &amp; herb couscous</p> <p>Oriental noodle salad</p>	<p>Garden salad with roast peppers &amp; olives</p> <p>Watermelon, Cucumber &amp; Mint Salad</p>
RAW SALADS	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>	<p>Mixed leaves</p> <p>Sweetcorn</p> <p>Cucumber</p> <p>Carrot</p> <p>Tomato</p> <p>Red onion</p>

For allergen information please ask a member of the team.

