

# 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**



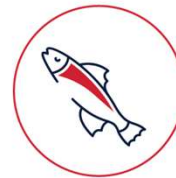
**Peanuts**



**Soybeans**



**Milk**



**Fish**



**Gluten**



**Sulphur  
Dioxide**



**Sesame  
Seeds**

# BREAKFAST MENU 16.12- 20.12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Continental Toast bar Crepes with toppings	Continental Toast bar Scrambled eggs & toppings	Continental Toast bar Breakfast Burritos	Continental Toast bar Spanish tortilla	Continental Toast bar English breakfast	Holiday	Holiday

For more information on allergens, please speak to a member of the team.



# LUNCH MENU 16.12- 20.12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Scotch broth	Vegetable	French onion	Broccoli	Potato & cheddar
MAIN	Diced Beef Ragu	Fragrant Thai Chicken	Slow braised beef & vegetable stew	Mac n Cheese bar served with toppings on the side. (Roasted bacon, Crispy onions, herbs, Toasted corn.)	Creamy fish pie topped with mashed potato's  Chicken blanquette
VEGETARIAN	Five bean patties with spiced onion relish	Thai green vegetable rendang	Chili sin carne	Mac n Cheese bar	Vegetarian meat ball Italian style
SIDES	Penne Pasta Roasted sweet potato Steam carrots Sauteed greens	Jasmin rice Steamed courgettes Stir fry vegetables	Braised rice Buttered baby potato's Cauliflower gratin Roasted root vegetables	Garlic flat bread Charred corn Roasted pumpkin Sweet potato bites	Buttered baby potatoes Sautéed beans Steamed broccoli Pasta
DESSERT	Selection of fresh fruits	White chocolate mousse	Selection of fresh fruits	Selection of fresh fruits	Tiramisu

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# SALAD BAR MENU 16.12- 20.12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED SALADS	<p>Chimichurri potatoes</p> <p>Chickpeas with olives &amp; orange</p>	<p>Wedge Caesar salad</p> <p>Persian cucumber salad</p>	<p>Basil pesto pasta</p> <p>Thai cabbage slaw</p>	<p>Morrocan style cous cous</p> <p>Oriental noodle salad</p>	<p>Roasted carrot &amp; coriander salad</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>

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# SNACKSMENU 16.12- 20.12

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING SNACK</b>	Mixed whole fruits Turkey & Cheese Roll	Mixed whole fruits Honey & oat Flapjack	Mixed Whole Fruits Cheese croissant	Mixed Whole Fruits Lemon & Yogurt cake	Mixed Whole Fruits Mixed berry & coconut smoothie

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