

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 07.04 - 11.04

	MONDAY Meatless Marvels	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	French onion soup	Cream of mushroom soup	Sweetcorn chowder	Mexican Bean	Leek & Potato
MAIN	Aubergine parmegiana	Turkey Tikka Masala	BBQ Pulled Pork Sliders Or BBQ Pulled Chicken Sliders	Sweet chilli chicken wrap, mayonnaise and Crispy onion	Breaded Fresh Cod And Lemon Or BBQ Chicken Thigh Burger With Pickled Slaw
VEGETARIAN	Black Bean Noodles With Rainbow Vegetables	Cheddar & Black Bean Tostada With Salsa	Vegetarian carbonara Tagliatelle	Scrambled Tofu & Kidney Bean open Burrito	Tomato & Basil Risotto With Parmesan
SIDES	Herb Braised Rice Sauteed Greens Garlic & Herb Flat Bread	Basmati Rice Sambals Green Beans Bombay potatoes	Corn on the cob Cajun Potato Wedges Classic coleslaw Tempura gherkins	Pickled Red Cabbage	Roast Potato Wedges Texas Beans Roasted Carrots Steamed Greens
DESSERT	Selection Of Fresh Fruits		Selection Of Fresh Fruits	Selection Of Fresh Fruits	Toffee and Biscoff cheesecake

For allergen information please ask a member of the team.



SALAD BAR MENU 07.04 - 11.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED SALADS	<p>Feta & Cucumber</p> <p>Niçoise Salad</p>	<p>Roast Vegetable Quinoa</p> <p>Spicy Mango And Black Bean Salad</p>	<p>Basil Pesto Pasta</p> <p>Chickpea & Orange</p>	<p>Tomato, Basil & Mozzarella</p> <p>Lentil And Roasted Carrot Salad</p>	<p>Garden Salad With Roast Peppers & Olives</p> <p>Quinoa Tabbouleh 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.



SNACKSMENU 07.04 - 11.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mixed Whole Fruits Smoked Chicken Roll Or Tomato, Basil & Mozzarella Roll	Mixed Whole Fruits Cheese straws	Mixed Whole Fruits Chocolate and coconut smoothie	Mixed Whole Fruits Flapjack	Mixed Whole Fruits Banana bread

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