

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 | 4.04- 18.04

	MONDAY Meatless Marvels	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Creamed spinach	Minestrone	Mixed bean and spices	Kale soup	Potato & Cheddar
MAIN	Roasted Sweet Potato, Spinach & Chickpea Coconut Curry	Thai green Chicken and rice	Beef lasagna	Grilled Pork Sausages Or Roasted Chicken With A Sage Cream	Beef burger, Burger sauce, lettuce and cheddar cheese
VEGETARIAN	Chunky Vegetable Ratatouille With Mozzarella	Mac and cheese with a crispy topping	Fennel, Feta and nutless pesto Gnocchi	Roasted Pepper, Olive & Mozzarella Tagliatelle	Vegetarian Meat Ball Italian Style
SIDES	Braised Rice Steam Carrots Roasted Roots	Jasmin Rice Steamed Courgettes Charred lime Chilli and green peppers Pak choi	Cauliflower Gratin Roasted Roots Mozzarella ball salad	Sauteed Greens Onion gravy Creamed mashed potato	Buttered Baby Potatoes Sautéed Beans Steamed Broccoli Pasta
DESSERT	Selection Of Fresh Fruits	Apple and cinnamon crumble served with custard	Selection Of Fresh Fruits	Selection Of Fresh Fruits	Tiramisu

For allergen information please ask a member of the team.



SALAD BAR MENU | 4.04- 18.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED SALADS	Chimichurri Potatoes Chickpeas With Olives & Orange	Wedge Caesar Salad Persian Cucumber Salad	Basil Pesto Pasta Thai Cabbage Slaw	Moroccan Style Cous Cous Oriental Noodle Salad	Roasted Carrot & Coriander Salad Watermelon, Cucumber & Mint Salad
RAW SALADS	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion

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