






LUNCH WEEK 3: WEEK COMMENCING:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	CAJUN PORK & PEPPERS WITH RICE (MUSTARD) 	BEEF GOULASH (SULPHITES) 	PIRI PIRI CHICKEN THIGH 	THAI GREEN PORK CURRY 	FISH FINGERS (FISH, GLUTEN) 
FEATURE					
VEGGIE MAIN	LEMON & HERB QUORN WITH RICE (EGG, SULPHITES)	MIXED BEAN & PEPPER GOULASH (SULPHITES)	PIRI PIRI ROAST CAULIFLOWER, SPINACH & TOMATOES	THAI VEGETABLE & QUORN CURRY (EGG)	VEGGIE BURGER (GLUTEN)
SIDES	GARLIC BREAD (GLUTEN) SWEETCORN BROCCOLI	HERBY PASTA (MUSTARD) CAULIFLOWER GREEN BEANS	GARLIC ROAST NEW POTATOES COURGETTES, PEPPERS, ONIONS PEAS	RICE GREEN BEANS MIXED VEGETABLES	CHIPS BAKED BEANS GARDEN PEAS
HOT GRAB & GO	BOX MEAL OF THE DAY HOT SANDWICH OF THE DAY	BOX MEAL OF THE DAY HOT SANDWICH OF THE DAY	BOX MEAL OF THE DAY HOT SANDWICH OF THE DAY	BOX MEAL OF THE DAY HOT SANDWICH OF THE DAY	BOX MEAL OF THE DAY HOT SANDWICH OF THE DAY
DESSERT	CHOCOLATE RICE PUDDING (MILK) 	BANOFFEE PIE (MILK, GLUTEN) 	CHOCOLATE BREAD AND BUTTER PUDDING (MILK, GLUTEN, EGG, SOYA) 	PEAR TART (GLUTEN) 	VANILLA CHOCOLATE MARBLE CAKE (EGG, GLUTEN) 

AVAILABLE DAILY: JACKET POTATOES WITH FILLINGS, SANDWICHES, WRAPS, BAGUETTES, COLD DRINKS, FRUIT POTS, CAKES, FRESH FRUIT & COLD SNACKS

For those with special dietary requirements or allergies who may wish to know about the food or drink ingredients used, please ask for a manager.