

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Healthier Option						
Chicken Bacon and Leek Cottage Pie	Chicken Wrapped in Bacon	Baked Lemon and Herb Crusted Cod Fillet	Chilli Con Carne and Rice	Pork and Apple Burger	Shepherds Pie	Roast Chicken with sage and Onion Stuffing
Heartier Option						
Beef Lasagne	Bourguignon (Beef Stew in Red Wine)	Braised Cumberland Sausages in Onion Gravy	Turkey Escalope with Creamy Mushroom Sauce	Home-made Battered Fish Fillet Tartare Sauce	All Day Breakfast Sausage, Bacon, Egg, Baked Beans, Tomatoes, Mushrooms, Fried Bread,	Slow Roasted Beef with Yorkshire Pudding
Vegetarian Option						
Creamy Baked Vegetable Kiev	Vegetarian Sausages and Onion Gravy	Vegetable Lasagne with Garlic Bread	Bubble and Squeak with Poached Egg	Vegetarian Quarter Pounder	Minted Pea and Spring onion Risotto	Vegetarian Nut Roast
Served With						
Herb Diced Potatoes	Lyonnaise Potatoes	Creamy Mash Potatoes	Sweet Potato Mash	Home Cooked Chips	Medley of Vegetables	Roast Potatoes
Sliced Carrots Garden Peas	Cauliflower Green Beans	Savoy Cabbage Baby Carrots	Steamed Peas Diced Swede	Mushy Peas Baked Beans		Selection of Seasonal Vegetables
Desserts						
Chocolate Self Saucing Pudding	Fruit Cheesecake	Blackberry and Apple Crumble	Cinnamon Rice Pudding	Lemon Meringue Pie	Berry Pudding	Syrup Sponge

Allergen Information **GUIDE ONLY PLEASE SPEAK WITH STAFF IF YOU HAVE ANY ALLERGENS**

DISHES															Calories
	Celery	Nuts	Crustace	Eggs	Fish	Gluten	Milk	Shellfish	Mustard	Sesame	Lupins	Soya	Sulphite	Peanuts	KCAL
Healthier Option Mon.	✓					✓	✓								794.1
Heartier Option Mon.	✓					✓	✓								1080.3
Vegetarian Option Mon.						✓	✓								436.3
Dessert Mon.				✓		✓	✓					✓			444.8
Healthier Option Tue.							✓								528.2
Heartier Option Tue.	✓						✓								982.8
Vegetarian Option Tue.						✓	✓					✓			760.1
Dessert Tue.						✓	✓					✓			823.6
Healthier Option Wed.					✓	✓	✓					✓			331.1
Heartier Option Wed.						✓	✓						✓		512.5
Vegetarian Option Wed.				✓		✓	✓					✓	✓		694.8
Dessert Wed.						✓	✓								594.3
Healthier Option Thurs	✓														588.7
Heartier Option Thurs	✓						✓								852.9
Vegetarian Option Thurs				✓			✓						✓		572.5
Dessert Thurs							✓								356.8
Healthier Option Fri						✓				✓					579.6
Heartier Option Fri					✓	✓	✓						✓		663.3
Vegetarian Option Fri						✓				✓			✓		966.3
Dessert Fri				✓		✓	✓								527.1
Healthier Option Sat	✓						✓								917.3
Heartier Option Sat				✓		✓	✓					✓	✓		1265
Vegetarian Option Sat	✓												✓		202.3
Dessert Sat				✓		✓	✓								229.1
Healthier Option Sun						✓	✓								578.4
Heartier Option Sun				✓		✓	✓						✓		1233.8
Vegetarian Option Sun		✓				✓	✓			✓				✓	883.2
Dessert Sun				✓		✓	✓								308.2