

Menu 8th August- 14th August 2022

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN 1	JUMBO SAUSAGE CONTAINS GLUTEN	LAMB AND MINT BURGER CONTAINS SOYA	BAKED TUNA, SALSA VERDE CONTAINS FISH, SULPHITES	HONEY AND MUSTARD TURKEY STEAK CONTAINS MUSTARD	BREADED FISH WITH TARTARE SAUCE CONTAINS FISH, GLUTEN, EGG, MUSTARD		
VEGETARIAN	VEGETABLE MINCE BOLOGNAISE AND GNOCCHI BAKE CONTAINS GLUTEN, CELERY	SPINACH AND FETA SPANAKOPITA CONTAINS MILK, GLUTEN, SOYA	SPICY BEAN BURGER CONTAINS GLUTEN	SPINACH AND RICOTTA CANNELONI CONTAINS GLUTEN, MILK	AUBERGINE PARMAGIANA CONTAINS MILK		
SALAD	PICKLED BEETROOT, LENTIL, FIG AND GOATS CHEESE CONTAINS SULPHITES, MILK, SOYA, GLUTEN	SMOKED CHICKEN AND PESTO PASTA SALAD CONTAINS GLUTEN, SULPHITES, MILK	CONFIT DUCK, GOATS CHEESE, BEETROOT AND FIG SALAD MILK, SULPHITES, GLUTEN	SMOKED SALMON, AVOCADO AND BUCKWHEAT SALAD FISH, GLUTEN, MILK, SULPHITES	SMOKED CHICKEN, BACON AND MIXED GRAIN SALAD CONTAINS GLUTEN, SULPHITES		
VEG	RATATOUILLE	GREEN BEANS	SLICED CARROTS	STEAMED SWEETCORN	FRESH PEAS		
STARCH	SCALLOP POTATOES	POTATO WEDGES	SWEET POTATO FRIES	BAKED POTATO	CHIPS		
DESSERT	FRUIT SALAD	SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA	SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA	SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA	SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA		

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DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main 1					MOROCCAN CHICKEN BREAST, CHICKPEA AND CORN SALSA CONTAINS SOYA	BAKED CAJUN SALMON, SPICED CORIANDER MAYO CONTAINS FISH, EGG, MUSTARD	
Vegetarian					AUBERGINE STEAK WITH TOMATO SAUCE AND MOZZERELLA CONTAINS MILK	BUTTERNUT SQUASH AND SAGE RISOTTO CONTAINS CELERY	
VEG					SWEETCORN	BROCCOLI	
STARCH					CAJUN ROASTED POTATOES	CHIPS	
DESSERT					SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA	SELECTON OF COLD DESSERTS CONTAINS EGG, GLUTEN, MILK, SOYA	