

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish	Creamy Chicken Pesto Pasta Bake with Pesto, Garlic & Herb Crumbs ALLERGENS: MK, GL, Egg.	Piri Piri Chicken Wrap Tender Chicken pieces in a warm Tortilla Wrap, Onions, Peppers, Salsa, Sour Cream & Guacamole ALLERGENS: GL, MK	Ultimate Steak Sarnie Flat Iron Steak, half a Ciabatta, Smothered with Caramelised Onions, Mayo & Rocket Extra: Onion Rings 50p Twister Fries 75p ALLERGENS: MK, GL, SD	Authentic Thai Red Pork Curry Coriander & Coconut, Steamed Rice ALLERGENS: SOY, CRST	Southern Baked Chicken Goujons Served with Chunky Chips ALLERGENS: GL, SD
	Two Shires Bangers & Mash Lincolnshire, & Cumberland Sausage with Crispy Onions & Creamy Mash ALLERGENS: GL, MK, SD	Traditional Mince & Potato Pie Served with Seasonal Vegetable ALLERGENS: GL	Mexican Style Chilli con Carne Served with Rice, Sour Cream & Tortillas ALLERGENS: MK	Urban Chilli Dog Served in a Sub, Sautéed Onions & Potato Wedges Extra: Spicy Mexican Chilli 75p Grated Cheddar 50p ALLERGENS: GL, SD	Battered Fish With Chunky Chips & Mushy Peas ALLERGENS: GL, FISH
	Cheese & Sun blushed Tomato Bake Oven Baked Pasta Shells in a Rich Cheese Sauce with Sun Blushed Tomatoes & Fresh Basil ALLERGENS: GL, EGG, MK,	Spinach, Ratatouille, Pesto & Chickpea Filo Parcels with a Warm Tomato & Basil Coulis ALLERGENS: GL, MK	Minced Quorn Hot Pot Served with Seasonal Vegetables & Potatoes	Singapore Style Vegetable Noodles Wok fried with Bean Sprouts, Pak Choy, Medium Spiced Curry Sauce ALLERGENS: GL, MK, SOY	Spicy Three Bean & Root Vegetable Burrito Served with Mixed Salad, Salsa, Guacamole, Soured Cream ALLERGENS: GL, MK,
Dessert - Hot	Jam & Coconut Sponge & Custard ALLERGENS: GL, EGG, MK	Choc Chip Sponge & Chocolate Custard ALLERGENS: GL, EGG, MK	Fruit Cobbler & Custard ALLERGENS: GL, EGG, MK	Semolina & Cherry Compote ALLERGENS: GL, MK	Bread & Butter Pudding & Custard ALLERGENS: GL, EGG, MK

Dessert - Cold

Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese & Biscuits & fruit available

Pasta / Jacket topping – See Daily Specials

Baked Beans or Coleslaw (**ALLERGENS:** Egg, MK, Mstd) or Tuna (**ALLERGENS:**, Egg Mstd, Fsh) or Cheese (**ALLERGENS:** MK)

Salads

A fresh salad bar is available daily plus various pre packed salads, all prepared on site.

The menu may change at short notice due to unforeseen circumstances. In this instance please ask a member of the catering team for allergen information.

Please note we use food items which may have been produced in areas which handle allergenic ingredients.

£2.40 MEAL DEAL : 1. Any Main, Baked Potato or Sandwich with 2. Pudding and 3. Small Drink or Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish	Garlic & Herb or Piri Piri Butterfly Chicken Char-grilled Chicken Thigh, seasoned and Basted with Nandos Sauce served with Spicy Rice or Shoestring Fries Extra: Coleslaw 50p ALLERGENS: MK, GL, Egg.	Roast Gammon & Pineapple With Fondant Potato & Fresh Vegetables ALLERGENS:	Kashmiri Rogan Josh Curry Medium Spiced Chicken with Peppers, Onion, Tomato & Asian Spices served with Pilau Rice & Mini Naan ALLERGENS:	Singapore Style Chow Mein Served with Prawn Crackers ALLERGENS: Soy, GL, CRST, NTS Sweet & Spicy Korean Style Meatballs Beef Mince Spiced with Garlic & Siracha Sauce, Vegetable Rice ALLERGENS: Soy, Egg, GL	Luxury Fish Pie A Classic Blend of Cod, Smoked Haddock & Prawns in a Rich Cream Volute with Spinach & Peas ALLERGENS: Fsh, GL, MK, Egg, CRST Battered Fish With Chips & Mushy Peas & Chip Shop Curry Sauce ALLERGENS: GL, FISH
	Beanie Burger Chick Pea, Kidney Bean, Smoked Cheddar & Sweetcorn in Crisp Panko Breadcrumbs, in a Brioche Bun with Melted Cheddar, Crisp Leaves & Piri Piri Mayonnaise ALLERGENS: GL, MK, Egg	Grilled Haloumi, Brie & Roast Vegetable Wrap with Salsa, Guacamole & Jacket Wedges ALLERGENS: GL, MK	Macaroni Cheese Macaroni Pasta Enriched with Creamy Cheese Sauce & Garlic Bread ALLERGENS: GL, MK	Quorn Chow Mein Stir Fried with Noodles, Bean Sprouts & Pak Choy ALLERGENS: GL, MK, Egg	Twice Baked Stuffed Potato Boats Filled with Cheese, Sour Cream & Chives ALLERGENS: MK,
Dessert - Hot	Fruit Crumble & Custard ALLERGENS: GL, MK, Egg	Chocolate Brownie Sponge & Chocolate Custard ALLERGENS: GL, MK, Egg	Orange & Lemon Sponge & Custard ALLERGENS: GL, MK, Egg	Apple Pie & Cream ALLERGENS: GL, MK	Sticky Toffee Pudding & Custard ALLERGENS: GL, MK, Egg

Dessert - Cold

Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese & Biscuits & fruit available

Pasta / Jacket topping – See Daily Specials

Baked Beans or Coleslaw (**ALLERGENS:** Egg, MK, Mstd) or Tuna (**ALLERGENS:** Egg, Mstd, Fsh) or Cheese (**ALLERGENS:** MK)

Salads

A fresh salad bar is available daily plus various pre packed salads, all prepared on site.

The menu may change at short notice due to unforeseen circumstances. In this instance please ask a member of the catering team for allergen information.

Please note we use food items which may have been produced in areas which handle allergenic ingredients.

£2.40 MEAL DEAL : 1.Any Main, Baked Potato or Sandwich with 2. Pudding and 3. Small Drink or Water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish	Stir Fried Sweet Chilli & Greens Stir Fried Chicken with Lime & Coriander With Broccoli, Spring Onion, Pak Choy & Noodles ALLERGENS: MK, GL, Egg.	Roast Shoulder of Pork With Sage & Onion Stuffing, Apple Sauce, Yorkshire Pudding, Roast Potatoes & Vegetables ALLERGENS: GL, Egg, MK Creamy Leek & Chicken Pie With Roast Potatoes & Vegetables ALLERGENS: GL, Egg, MK	Classic Beef Lasagne Slow Cooked Beef, Layered with Pasta Sheets, Cheese Sauce, Tomato Sauce with a House Salad ALLERGENS: MK, Egg, GL Chicken Tikka Wrap Served in a Flat Bread with Salad, Chilli Sauce & Raita (Yoghurt, Mint & Cucumber) ALLERGENS: GL, MK, Mstd	Mangalore Turkey Malabar A Delightful Gentle & Aromatic Tangy Sauce, Flavoured with Curry Leaves & Coconut ALLERGENS: ML, GL, Mst Hyderabadi Minced Beef Keema Full of Flavour with Aromatic Cardamon & Cumin ALLERGENS: MK, GL, Mstd Served with Pilau Rice & Mini Naan	Outwood Big Burger Double Beef Burger, Cheese, Burger Relish, Pickle With Salad & Fries ALLERGENS: GL, MK, Battered Fish With Chips & Mushy Peas & Chip Shop Curry Sauce ALLERGENS: GL, FISH
	Veggie (V)	Mediterranean Roast Vegetable & Three Cheese Pasta With Feta, Parmesan, Mozzarella, Garlic & Basil ALLERGENS: GL, MK, Egg	Broccoli, Green pepper, & Quorn in Black Bean Sauce with Steamed Rice ALLERGENS: GL, V, Soy	Spinach & Ricotta Lasagne Classic Lasagne with our Veggie Nutmeg Twist ALLERGENS: GL, MK, Egg	Kashmir Rogan Josh Mildly Spiced Vegetarian Concoction both Sumptuous and Mouth Watering With Pilau Rice & Mini Naan ALLERGENS: GL, Mstd
Dessert - Hot	Cherry Crumble & Custard ALLERGENS: GL, MK, Egg	Creamed Rice Pudding ALLERGENS: GL, MK	Bakewell Tart & Cream ALLERGENS: GL, MK, Egg	Toffee Apple Cake & Custard ALLERGENS: GL, MK, Egg	Chocolate Orange Pudding & Custard ALLERGENS: GL, MK, Egg

Dessert - Cold

Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese & Biscuits & fruit available

Pasta / Jacket topping – See Daily Specials

Baked Beans or Coleslaw (**ALLERGENS:** Egg, MK, Mstd) or Tuna (**ALLERGENS:** Egg, Mstd, Fsh) or Cheese (**ALLERGENS:** MK)

Salads

A fresh salad bar is available daily plus various pre packed salads, all prepared on site.

The menu may change at short notice due to unforeseen circumstances. In this instance please ask a member of the catering team for allergen information.

Please note we use food items which may have been produced in areas which handle allergenic ingredients.

£2.40 MEAL DEAL : 1.Any Main, Baked Potato or Sandwich with 2. Pudding and 3. Small Drink or Water