

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish</b>	<b>Giant Yorkie pud</b> Served with a tasty sausage and vegetable casserole <b>ALLERGENS:</b> GL, MK, SD, Egg  <b>Minced beef &amp; suet pie</b> Slow cooked mince beef and root vegetables served in a rich gravy with creamy mash <b>ALLERGENS:</b> GL, MK	<b>Cajun chicken</b> Marinated chicken fillets stuffed in a wrap with salad, grated cheese and vegetable rice <b>ALLERGENS:</b> GL, MK  <b>Fusilli Pasta</b> Yorkshire ham chunks, sautéed with courgettes and peas, bound with cream and parmesan <b>ALLERGENS:</b> GL, MK, Egg	<b>Classic beef lasagne</b> <i>It may as well be a British dish we love it that much..</i> Ground mince layered with pasta sheets, white & tomato sauce with bubbling cheese, garlic bread & house salad <b>ALLERGENS:</b> GL, Egg, Mk  <b>Lemon &amp; herb salmon fingers</b> Served with Caesar salad and a soft poached egg <b>ALLERGENS:</b> GL, MK, Egg, fsh	<b>Traditional carvery</b> Roast shoulder of pork, served with crispy crackling, Yorkshire's, stuffing and gravy <b>ALLERGENS:</b> GL, EGG, MK  <b>Traditional Cornish pasty</b> Savoury lamb mince with root vegetables, jacket wedges and beans <b>ALLERGENS:</b> Egg, MK, GL	<b>The Friday Mash Up</b> Battered fish, chunky chips and mushy peas <b>ALLERGENS:</b> FSH., GL, Mk  <b>Popcorn chicken</b> Nuggets of chicken goodness with chunky chips, corn cobettes and BBQ dip <b>ALLERGENS:</b> FL, Egg, MK
	<b>Veggie (V)</b>	<b>Chickpea falafel balls</b> Authentic middle eastern falafel, oven baked with houmous, rice, salsa, mixed salad and flatbread <b>ALLERGENS:</b> GL, V,	<b>Cantonese style sweet &amp; sour quorn dippers</b> Served with egg fried rice <b>ALLERGENS:</b> GL, Soy, Egg, V	<b>Classic veggie lasagne</b> As above but with roasted vegetables 'fantastico' <b>ALLERGENS:</b> GL, EGG, MK	<b>Vegetable Jalfrezi</b> A medium strength sauce with a heavy hit of onions, tomato and indian spices with pilau rice <b>ALLERGENS:</b> Mst, V
<b>Dessert - Cold</b> Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese & Biscuits & fruit available					
<b>Pasta / Jacket topping – See Daily Specials</b> Baked Beans or Coleslaw ( <b>ALLERGENS:</b> Egg, MK, Mstd) or Tuna ( <b>ALLERGENS:</b> Egg Mstd, Fsh) or Cheese ( <b>ALLERGENS:</b> MK)					
<b>Salads</b> 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. <b>Please note we use food items which may have been produced in areas which handle allergenic ingredients.</b>					
<b>£2.40 MEAL DEAL :</b> 1.Any Main, Baked Potato or Sandwich with 2. Pudding and 3. Small Drink or Water					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish</b>	<p><b>Stir fried pork with sweet chillies and greens</b> Pork, broccoli, spring onion, pak choy, coriander, sweet chilli, lime and noodles <b>ALLERGENS:</b> GL, MK, Egg</p> <p><b>Greek style chicken Kleftico</b> Marinated in paprika, fresh herbs, lemon juice served with a warm flatbread, garlic mayo chilli sauce, red cabbage slaw and shredded lettuce <b>ALLERGENS:</b> GL, MK</p>	<p><b>Steak and vegetable pie</b> Chunks of lean chuck steak, slow braised for tenderness with root vegetables <b>ALLERGENS:</b> MK, GL</p> <p><b>Chilli con carne</b> Classic Mexican dish medium spiced served with steamed rice, nacho dips and sour cream <b>ALLERGENS:</b> GL, M</p>	<p><b>Mexican grilled fajitas</b> Mexican spiced chicken served with sautéed peppers and onions in a tortilla with mixed salad, sour cream and salsa <b>ALLERGENS:</b> GL, MK</p> <p><b>Outwood jumbo fish finger bap</b> Two fishy fingers in a flour bap with mayo, ketchup, iceberg and potato wedges <b>ALLERGENS:</b> GL, MK, Egg</p>	<p><b>Traditional carvery</b> Roast turkey breast with pigs in blankets, stuffing and a Yorkshire with gravy <b>ALLERGENS:</b> GL, Egg, MK, SD</p> <p><b>Lancashire hot pot</b> <i>Classic dish from our rivals over the Pennine..</i> Slow braised lamb, root vegetables, rich gravy topped with golden potatoes <b>ALLERGENS:</b> GL</p>	<p><b>The Friday Mash Up</b> Battered fish, chunky chips and mushy peas <b>ALLERGENS:</b> FSH., GL, Mk</p> <p><b>Pizze dal Mondo</b> Mini pizza from around the world with fries or salad <b>ALLERGENS:</b> GL, MK</p> <p><b>Naples</b> With tomato sauce with torn mozzarella and basil – classic</p> <p><b>Marrakech</b> With mince, mint yoghurt, houmous &amp; coriander</p> <p><b>New Yorker</b> With pepperoni &amp; chilli flakes</p>
	<b>Veggie (V)</b>	<p><b>Quorn bolognese pasta pot</b> Ground quorn bound with a rich bolognese sauce, pasta and parmesan <b>ALLERGENS:</b> GL, MK, Egg</p>	<p><b>Greek style omelette</b> Baked free range egg with crumbled feta, tomatoes, olives, basil, parsley and red onion <b>ALLERGENS:</b> Egg, MK</p>	<p><b>Arrabiata pasta</b> Classic tomato sauce, tossed with chillies and basil <b>ALLERGENS:</b> GL, MK, Egg</p>	<p><b>Macc and cheese</b> <i>Everyone's favourite</i> Mini pasta tubes in a creamy cheese sauce, grilled cheese top, garlic bread and house salad <b>ALLERGENS:</b> GL, MK, Egg</p>
<b>Dessert - Cold</b> Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese & Biscuits & fruit available					
<b>Pasta / Jacket topping – See Daily Specials</b> Baked Beans or Coleslaw ( <b>ALLERGENS:</b> Egg, MK, Mstd) or Tuna ( <b>ALLERGENS:</b> Egg, Mstd, Fsh) or Cheese ( <b>ALLERGENS:</b> MK)					
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish</b>	<p><b>Mughlai chicken korma</b> A rich creamy sauce full of flavour with aromatic cardamom and cumin, <i>Curry fit for the Mughal Kings !</i> With pilau rice and mini naan <b>ALLERGENS:</b> MK, GL,</p> <p><b>Grilled Yorkshire gammon steak</b> Pineapple or fried egg, fondant potatoes and peas <b>ALLERGENS:</b> GL, Mk</p>	<p><b>Salt and pepper pork</b> Crispy coated pork steaks, chilli and salt served with steamed rice and curry sauce <b>ALLERGENS:</b> GL, Egg</p> <p><b>Turkey in oyster sauce</b> Poached turkey pieces with Pak Choi, peppers, spring onions in an authentic ginger and garlic sauce with steamed rice <b>ALLERGENS:</b> GL, Soy</p>	<p><b>Slow roasted pulled pork</b> Served in a floured bap with onions, gravy, jacket wedges and lemon and thyme slaw <b>ALLERGENS:</b> MK, Egg, GL</p> <p><b>Spiced minted lamb</b> Homemade meatballs in our classic tomato sauce, fresh herbs, spaghetti &amp; parmesan <b>ALLERGENS:</b> GL, MK, Egg</p>	<p><b>Traditional carvery</b> Roast chicken breast with stuffing, Yorkshire's, pigs in blankets and vegetables <b>ALLERGENS:</b> Egg, Mk, GL, SD</p> <p><b>Sausage and bean cowboy pasta pot</b> Sliced sausages with pan fried onions, bacon, beans and BBQ sauce topped with parmesan cheese <b>ALLERGENS:</b> GL, MK, Egg</p>	<p><b>The Friday Mash Up</b> Battered fish, chunky chips and mushy peas <b>ALLERGENS:</b> FSH., GL, Mk</p> <p><b>Outwood Double</b> Two beef patties in a seeded bun with lettuce, onions, pickles and Mr Smith's secret sauce <b>ALLERGENS:</b> GL, MK, SD</p>
	<b>Veggie (V)</b>	<p><b>Delhi vegetable tikka masala</b> A sumptuous creamy tomato sauce with cumin and fenugreek, served with mini naan and steamed rice <b>ALLERGENS:</b> GL, MK, Mstd, V</p>	<p><b>Teriyaki vegetables</b> Broccoli, peppers, spring onions, mushrooms and courgettes in a teriyaki sauce with noodles <b>ALLERGENS:</b> GL, V, Soy</p>	<p><b>Mexican vegetable bake</b> Spiced quorn mince layered with tortilla wraps, rice, tomato and cheese, oven baked <b>ALLERGENS:</b> GL, MK</p>	<p><b>Baked field mushroom</b> in a bubbling blue cheese and peppercorn creamy sauce <b>ALLERGENS:</b> GL, MK</p>
<p><b>Dessert - Cold</b> Fresh Fruit Pots, Yoghurt, choice of Cold Desserts, Cheese &amp; Biscuits &amp; fruit available</p>					
<p><b>Pasta / Jacket topping – See Daily Specials</b> Baked Beans or Coleslaw (<b>ALLERGENS:</b> Egg, MK, Mstd) or Tuna (<b>ALLERGENS:</b> Egg, Mstd, Fsh) or Cheese (<b>ALLERGENS:</b> MK)</p>					
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