

## Week 1

<b>Monday</b>	<b>Main Course</b>	<b>£2</b>	SAUSAGE (S,GL,SD) & BACON (SD)
	<b>Vegetarian Main</b>	<b>£2</b>	QUORN SAUSAGE (V,GF,E,CE,D )
	<b>Served With</b>		HASH BROWN (V,GF), TOMATOES (V,GF), BAKED BEANS (V,GF), SCRAMBLED EGG (E,D) & MUSHROOMS (V)
	<b>PANINI</b>	<b>£1.60</b>	BBQ CHICKEN AND CHEESE (H,GL,D)
	<b>Dessert</b>	<b>50p</b>	CHOCOLATE CHIP SPONGE (GL,E,D)
<b>Tuesday</b>	<b>Main Course</b>	<b>£2</b>	CHINESE CHICKEN CURRY (GL,MU,CE)
	<b>Vegetarian Main</b>	<b>£2</b>	SWEET CHILLI VEGETABLES (V,GF)
	<b>Served With</b>		RICE (GF) NOODLES (GL,E) PRAWN CRACKERS (CR,E,GL,F,N,S)
	<b>Pasta Cheese + 30p</b>	<b>£1.50</b>	ITALIAN CHICKEN (GL,H) ARRABBIATA (V,GL)
	<b>Dessert</b>	<b>50p</b>	ICED FAIRY CAKES (GL,D,E)
<b>Wednesday</b>	<b>Main Course</b>	<b>£2</b>	MEAT FEAST PIZZA (GL,D,SS,S,SD)
	<b>Vegetarian Main</b>	<b>£2</b>	CHEESE AND TOMATO PIZZA (V,D,GL,SS,SD)
	<b>Served With</b>		FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (E,MU)
	<b>Dessert</b>	<b>50p</b>	DOUBLE CHOCOLATE CHIP COOKIE (GL,D,S,N)
	<b>Thursday</b>	<b>Main Course</b>	<b>£2</b>
<b>Vegetarian Main</b>		<b>£2</b>	VEGETABLE WELLINGTON (GL,D)
<b>Served With</b>			SEASONAL VEGETABLES , YORKSHIRE PUDDING (GL,E) SAGE AND ONION STUFFING (GL,D) GRAVY (V,GF)
<b>Pasta Cheese + 30p</b>		<b>£1.50</b>	FIRE CRACKER CHICKEN (GL) TOMATO AND BASIL (V,GL)
<b>Dessert</b>		<b>50p</b>	CHOCOLATE CORNFLAKE CAKE (GL,D)
<b>Friday</b>	<b>Main Course</b>	<b>£2</b>	ZINGY CHICKEN BURGER (H,GL,SS) MAY CONTAIN BONES
	<b>Vegetarian Main</b>	<b>£2</b>	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	<b>Served With</b>		FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (E,MU) PEAS (V)
	<b>Dessert</b>	<b>50p</b>	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

## Week 2

<b>Monday</b>	<b>Main Course</b>	<b>£2</b>	BEEF SPAGHETTI BOLOGNESE (GL,E,CE)
	<b>Vegetarian Main</b>	<b>£2</b>	VEGAN CHILLI CON CARNE AND RICE (V,GF)
	<b>Served With</b>		GARLIC BREAD (GL,D,S) SALAD, OR CHEESE (D)
	<b>PASTY</b>	<b>£1.50</b>	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	<b>Dessert</b>	<b>50p</b>	CHOCOLATE CONCRETE (GL,D,E) CUSTARD (GL,D)
<b>Tuesday</b>	<b>Main Course</b>	<b>£2</b>	CHICKEN TIKKA CURRY (H,GF,N,CE)
	<b>Vegetarian Main</b>	<b>£2</b>	SPINAGE AND CHICKPEA CURRY (V,GF)
	<b>SERVED WITH</b>		RICE (GF) NAAN BREAD (GL,D)
	<b>Pasta Cheese + 30p</b>	<b>£1.50</b>	BBQ SAUSAGE (GF) SWEET CHILLI VEGETABLES (V,GF)
	<b>Dessert</b>	<b>50p</b>	SPRINKLE CAKE (GL,D,E)
<b>Wednesday</b>	<b>Main Course LOADED CHIPS</b>	<b>£2</b>	BBQ PULLED CHICKEN (H,GF) BEEF CHILLI (GF,D)
	<b>Vegetarian Main</b>	<b>£2</b>	QUORN BOLOGNESE (V,E)
	<b>Served With</b>		FARMHOUSE FRIES (V) BEANS (V,GF) CHEESE (D)
	<b>Dessert</b>	<b>50p</b>	WHITE CHOCOLATE CHIP COOKIE (GL,D,S,N)
	<b>Thursday</b>	<b>Main Course</b>	<b>£2</b>
<b>Vegetarian Main</b>		<b>£2</b>	QUORN SAUSAGE (V,GF,E,CE,D)
<b>Served With</b>			CREAMY MASHED POTATO (V,D) PEAS (V) GRAVY (V,GF)
<b>RICE PASTY</b>		<b>£1.50 £1.50</b>	SWEET CHILLI CHICKEN (H,GF)
<b>Dessert</b>		<b>50p</b>	CHOCOLATE FLAP JACK (GL,D)
<b>Friday</b>	<b>Main Course</b>	<b>£2</b>	BREADED CHICKEN GOUJONS (H,GF)
	<b>Vegetarian Main</b>	<b>£2</b>	VEGETABLE BURGER IN A FLOURED BAP (V,D,GL,SS,CE,E)
	<b>Served With</b>		FARMHOUSE FRIES (V) BEANS (V,GF) PEAS (V) CURRY SAUCE (GL,MU,) GRAVY (V,GF)
	<b>Dessert</b>	<b>50p</b>	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

# ALLERGENS KEY

P - PEANUTS  
N - NUTS (TREE NUTS)  
D - DAIRY PRODUCTS  
S - SOYA  
MU - MUSTARD  
L - LUPIN  
E - EGGS  
F - FISH  
GL - GLUTEN  
CR - CRUSTACEANS (PRAWNS)  
MO - MOLLUSCS (SCALLOPS, MUSSELS)  
SS - SESAME SEED  
CE - CELERY  
SD - SULPHUR DIOXIDE



## CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



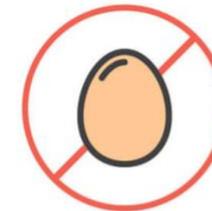
## GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



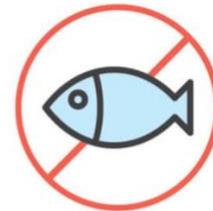
## CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



## E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



## D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



## N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



## S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



## SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



## V - VEGETARIAN



## H - HALAL



## GF - GLUTEN FREE