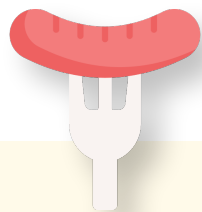


WEEK ONE



MONDAY

Main Course: PORK SAUSAGE (GL, SD, S), BACON (GF, SD)
Vegetarian Main: VEGAN SAUSAGE (GL, SD)
Served with - BEANS (V, GF), TOMATOES (V, GF), MUSHROOMS (V, D) SCRAMBLED EGG (V, E, D), HASH BROWN (V, GF)
Loaded Jacket OVEN BAKED CHEESE & ONION (V, GF, D)
Meal Deal BEANS (V, GF) SALAD
Pasta Bar - WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (V, GL)
Dessert - CHERRY FLAPJACK (V, GL, D)

TUESDAY

Main Course: PIRI PIRI CHICKEN (H, GF)
Vegetarian Main: ROASTED PIRI VEGETABLES (V, GF)
Served with - RICE (GF), ROASTED SWEETCORN & COLESLAW (V, GF, MU, E)
Paninis - BACON AND CHEESE (GL, SD, D), CHEESE & RED ONION (GL, D, V)
Pasta Bar - MARINARA WITH WHOLE WHEAT PENNE PASTA (V, GL) (A TOMATO, GARLIC AND OREGANO SAUCE)
Dessert: RASPBERRY RIPPLE CAKE & CREAM (GL, E, D)

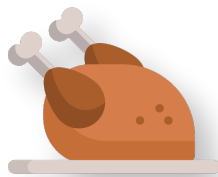
WEDNESDAY

Main Course: CHEESE AND TOMATO WHOLEMEAL PIZZA (V, GL, D)
Served with - FARMHOUSE FRIES (V, GF)
Pasta Bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: VARIOUS DESSERTS

Bistro Menu

SUMMER 2023

WEEK TWO

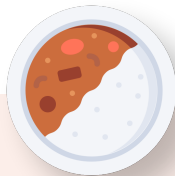


THURSDAY

Main Course: HUNTERS CHICKEN (GF, SD, MU)
Vegetarian Main: VEGETARIAN STUFFED PEPPER (V, GF)
Served with - ROAST POTATOES (V, GF) GREEN BEANS, PEAS OR SALAD
Wrap/Pasta bar: CRISPY CHICKEN LETTUCE & MAYO WRAP (H, GL, MU, E), WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: BLUEBERRY LEMON CAKE WITH COCONUT CRUMBLE TOPPING (V, D, GL, E)

FRIDAY

Main Course: CHICKEN ZINGY BURGERS (H, GL,) may contain bones and sesame seeds
Vegetarian Main: CHEESE & ONION PASTY (V, GL, D, S, MU) may contain nuts
Served with - FARMHOUSE FRIES (V, GF) BEANS (V, GF)
Pasta bar: RIGATONI PASTA WITH A SPICED TOMATO SAUCE (V, GL)
Dessert: COOKIE (V, D, E, GL) may contain nuts



MONDAY

Main Course: CHINESE CHICKEN CURRY (GL, MU)
Vegetarian Main: CHINESE CHICKPEA & VEGETABLE CURRY (GL, MU)
Served with - WHOLE GRAIN/ WHITE LONG GRAIN RICE (GF) ROASTED ASIAN VEGETABLE MEDLEY (S)
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Pitta Bread - FALAFEL AND SPINACH WITH SALAD AND SWEET CHILLI SAUCE IN A PITTA (V, GL)
Pasta Bar - WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (V, GL)
Dessert: CHERRY FLAPJACK (GL, D)

TUESDAY

Main Course: BEEF LASAGNE (GL, D) MAY CONTAIN EGG
Vegetarian Main: VEGETARIAN LASAGNE (V, GL, D) MAY CONTAIN EGG
Served with - SALAD / ROASTED SWEETCORN & PEPPERS
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Rice Bar - SWEET AND SOUR VEGETABLES (V, GF)
Dessert: STRAWBERRY JELLY & FRUIT (V, GF)

WEDNESDAY

Main Course: CHEESE AND TOMATO WHOLEMEAL PIZZA (V, GL, D)
Served with - FARMHOUSE FRIES (V, GF)
Pasta Bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: VARIOUS DESSERTS

THURSDAY

Main Course: OVEN BAKED SAUSAGES (GL, SD)
Vegetarian Main: QUORN VEGAN SAUSAGE (V, H, GL)
Served with - MASHED POTATO (V, D) YORKSHIRE PUDDING (V, GL, E, D) PEAS, GRAVY (V, GF)
Pasta Bar: MARINARA WITH WHOLE WHEAT PENNE PASTA (V, GL) (A TOMATO, GARLIC AND OREGANO SAUCE)
Wrap: ROASTED VEGETABLE WRAP WITH CHEESE (V, GL, D)
Dessert: APPLE AND BANANA CAKE WITH CUSTARD (V, D GL, E)

FRIDAY

Main Course: CHICKEN ZINGY BURGERS (H, GL) may contain bones & SS
Vegetarian Main: CHEESE AND ONION PASTY (V, GL, D, S, MU) may contain nuts.
Served with: FARMHOUSE FRIES (V, GF) BEANS (V, GF)
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Pasta Bar - RIGATONI PASTA WITH A SPICED TOMATO SAUCE (V, GL)
Dessert: COOKIE (V, D, E, GL) May contain nuts

A SIDE FROM THE SALAD BAR WITH EVERY MEAL DEAL | TOASTIES AVAILABLE DAILY
JACKET POTATOES AVAILABLE DAILY: BEANS (V, GF) CHEESE (D) TUNA MAYO (F, E, D, MU)

WEEK THREE

MONDAY

Main Course: BEEF CHILLI BURRITO BOWL (GF)
Vegetarian Main: QUORN CHILLI BURRITO BOWL (V, GF, E)
Served with - RICE (V, GF), ROASTED ONIONS, PEPPERS & SWEETCORN, SALAD & CHEESE (V, D) TORTILLA WRAP (V, GL)
Jacket Meal Deal - BEEF CHILLI (GF) VEGAN CHILLI (V, GF) CHEESE (V, D)
Pasta Bar - RIGATONI PASTA WITH A TOMATO & BASIL SAUCE (V, GL)
Dessert - VANILLA SPONGE PEACH CAKE (V, GL, E, D)

TUESDAY

Main Course: VEGETABLE CHOW MEIN (V, GL, S) VEGETABLE RICE (V, GF)
Served with - CHOICE OF SAUCES, BBQ (GF, MU), SWEET CHILLI (GF) TIKKA (GF) CHINESE CURRY SAUCE (GL, MU) SPRING ROLL (V, GL, MU, SS, S, CE) / SAMOSA (V, GL, S) SALAD
Pasta Bar - CREAMY TOMATO WHOLEMEAL PENNE PASTA (V, GL, D) CHEESE (V, D)
Dessert: CARROT CAKE (V, GL, D, E)

WEDNESDAY

Main Course: CHEESE AND TOMATO WHOLEMEAL PIZZA (V, GL, D)
Served with - FARMHOUSE FRIES (V, GF)
Pasta Bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: VARIOUS DESSERTS

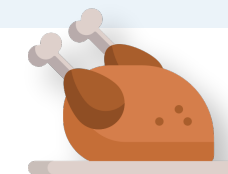
Bistro Menu

SUMMER 2023

WEEK FOUR

WEDNESDAY

Main Course: CHEESE AND TOMATO WHOLEMEAL PIZZA (V, GL, D)
Served with - FARMHOUSE FRIES (V, GF)
Pasta Bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: VARIOUS DESSERTS



THURSDAY

Main Course: ROAST CHICKEN (GF)
Vegetarian Main: VEGETARIAN PIE WITH SLICED POTATO TOPPING (V, GF)
Served with - ROAST POTATOES (GF) SEASONAL VEGETABLES, GRAVY (V, GF)
Pasta bar: PENNE AL'ARRABIATA (V, GL) PASTA WITH A SPICY SAUCE
Dessert: APPLE CRUMBLE & CUSTARD OR CREAM (V, D, GL)

FRIDAY

Main Course: BREADED CHICKEN GOUJONS (H, GL) may contain (SS)
Vegetarian Main: VEGETABLE BURGER (V, GL) may contain (SS)
Served with - FARMHOUSE FRIES (V, GF) BEANS (V, GF)
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Pasta bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: CHOCOLATE SHORTBREAD (V, D, GL)

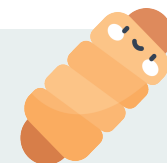


THURSDAY

Main Course: TOMATO & MIXED CHEESE WHOLEMEAL PASTA BAKE (GL, D, SD)
Vegetarian Main: MACARONI & CHEESE (V, GL, D)
Served with - BEANS (V, GF) GARLIC BREAD (GL), SIDE SALAD
Panini: BBQ CHICKEN PANINI (H, GL, MU) May contain sesame seeds
CHEESE PANINI (V, GL, D) May contain sesame seeds
Dessert: CHOCOLATE SHORTBREAD (V, D, GL) CUSTARD (V, GL, D)

FRIDAY

Main Course: PORK SAUSAGE ROLL (GL, SD)
Vegetarian Main: VEGETABLE BURGER (V, GL) may contain SS
Served with - FARMHOUSE FRIES (V, GF) BEANS (V, GF)
Pasta bar: WHOLE WHEAT FUSILLI PASTA WITH TOMATO & BASIL SAUCE (GL)
Dessert: COOKIE (V, D, E, GL) may contain nuts



MONDAY

Main Course: BEEF SPAGHETTI BOLOGNESE (GL)
Vegetarian Main: QUORN BOLOGNESE (V, GL, E)
Served with - GARLIC BREAD (GL, may contain D, SS) SALAD & CHEESE (V, D)
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Rice Bar - GRILLED VEGETABLES IN A BBQ SAUCE (GF)
Dessert - OATY APPLE & RASPBERRY FRUIT CRUNCH (V, GL, D) WITH CUSTARD (D)

TUESDAY

Main Course: SWEET CHILLI OVEN BAKED SALMON (F)
Vegetarian Main: VEGETABLE FRITTATA (V, E, D)
Served with - RICE (V, GF) NEW POTATOES & STEAMED SEASONAL VEGETABLES (V, GF)
Jacket Potatoes - BEANS (V, GF), CHEESE (D) TUNA MAYO (F, E D, MU)
Pasta Bar - CREAMY TOMATO WITH FARFALLE PASTA (GL, D)
Hot Wrap - CHICKEN TIKKA RICE WRAPS (H, GL)
Dessert: CHERRY & COCONUT CAKE WITH CUSTARD (V, E, D, GL)

A SIDE FROM THE SALAD BAR WITH EVERY MEAL DEAL | TOASTIES AVAILABLE DAILY
JACKET POTATOES AVAILABLE DAILY: BEANS (V, GF) CHEESE (D) TUNA MAYO (F, E, D, MU)