

THIS WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato & Red Pepper 263kcal £3.50	Carrot & Coriander Roll. Wheat 279kcal £3.50	Spinach & Sweet Potato Roll. Wheat 289kcal £3.50	Winter Vegetable Roll. Wheat 317kcal £3.50	
Main Course 1	Panko Tofu with Stir Fry Vegetable Noodles Egg, milk 564 kcal £5.75	Spicy Bean Burger With Sweet Potato Wedges Wheat, milk 725 kcal £5.75	Brie & Red Onion Pizza & Salad Wheat, milk 677kcal £5.75	Sweet Potato & Spinach Curry, Rice & Naan Wheat, Celery 503kcal £5.75	
Main Course 2	Chicken Chilli Men Stir Fry & Rice noodles Wheat, soy 599kcal £5.95	Beef Burger (Halal) Pickles and Sweet Potato Wedges Wheat, milk 631kcal £5.95	Spaghetti Carbonara With Pancetta & Oregano Garlic Bread Wheat, milk, 637kcal £5.95	Chicken Tikka, Rice And Naan (halal) Wheat, milk, 697kcal £5.95	Sustainable Fish & Chips Homemade Tartare Sauce Mushy Peas Wheat, eggs, fish, mustard, Soya 903cal £5.95
Deli Bar 1	Ham, Balsamic, Rocket Melt Wheat, milk £4.95	Tuna, Red Onion, Cheddar Wheat, Fish, milk £4.95	Bacon, Lettuce, Tomato Melt Wheat, milk £4.95	Chicken Caesar Wrap Wheat, milk, egg £4.95	See Main Menu
Deli Bar 2	Tomato, Cheddar & Pickle Wheat, Milk £4.75	Feta, Roasted Pepper & Red Pesto Wheat, milk £4.75	Egg, Tomato, Rocket Wheat, egg, milk £4.75	Haloumi, Chipotle, Pepper Wheat, milk, sulphites £4.75	See Main Menu
Bakery	Yoghurt Fruits Flapjack Pick me up it is Monday. Wheat, milk £2.20	Lemon & Almond Polenta Delicately Italian. Soya & Almonds 448kcal £2.95	Apricot Flapjack Midweek charge. Wheat, milk £2.20	Peanut Butter Brownie Phenomenal Combo. Peanuts, wheat soya £2.95	Chef's Special Thank fudge. See menu for Allergens

ADULTS NEED AROUND 2000 KCALS A DAY. FOR THOSE WITH SPECIAL DIETARY REQUIREMENTS OR ALLERGIES WHO MAY WISH TO KNOW MORE ABOUT THE FOOD OR DRINK INGREDIENTS USED, PLEASE ASK FOR A MANAGER.