

# UPPER HALL

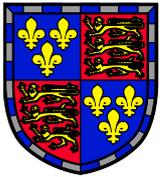
WEEK 1, 4, 7



## MONDAY LUNCH

# CHICKPEA, SWEET POTATO & SPINACH CURRY WITH JEWELLED RICE & VEGETABLE SAMOSAS (vegan) (£3.35)

	INGREDIENTS
	Chickpeas, Sweet Potato, Spinach, Onions, Garlic, Ginger, Tomato, Vegetable Stock, Cumin, Coriander, Chilli, Turmeric, Paprika, Lemon Juice, Rice
Vegetable Samosas	Potato, <b>Wheat Flour</b> , Palm Oil, Onion, Carrot, Peas, Salt, Cottonseed Oil, Green Chilli, Coriander, Garam Masala, Lemon Juice, Cumin, Ginger, Garlic and Turmeric



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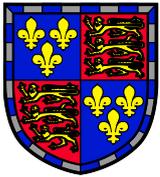
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**MONDAY LUNCH/DINNER**

**VEGETABLE THAI RED CURRY WITH QUORN & RICE**  
**(vegetarian) (£3.35)**

	INGREDIENTS
Quorn	Mycoprotein, <b>Egg White</b> , Calcium Chloride, Calcium Acetate, Peppers, Onion
Thai Curry Paste	Red Chilli, Coriander, Salt, Ginger, Garlic, Lemongrass, Shallot, Kaffir Lime Leaves, Cumin, Coconut Milk, Creamed Coconut, Vegetable Stock
	Rice



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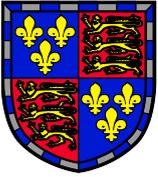
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MONDAY LUNCH/DINNER

## SALMON WITH CHILLI & LIME BUTTER (£4.25)

	INGREDIENTS
	Olive Oil, <b>Salmon</b> , <b>Butter</b> , Spring Onions, Red Chilli, Lime, Coriander



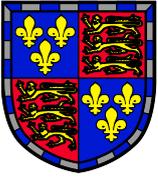
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**MONDAY LUNCH**

**BREADED ESCALOPE OF TURKEY WITH CHEESE SAUCE  
(£3.80)**

	INGREDIENTS
	Turkey, Salt & Pepper
Cheese Sauce	<b>Cheese, Milk, Flour, Butter, Mustard, Salt &amp; Pepper</b>



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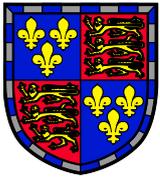
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## MONDAY LUNCH

# RICE PUDDING & JAM SAUCE (£1.05)

	INGREDIENTS
Pudding	Vanilla, <b>Cream, Milk</b> , Round Grain Rice, Sugar
Jam	Fruit, Glucose-Fructose Syrup, Sugar, Gelling Agent (Pectin), Citric Acid, Acidity Regulator (Sodium Citrates)



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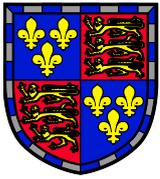
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## MONDAY DINNER

# LENTIL & VEGETABLE CHILLI WITH TORTILLA CRISPS & JEWELLED RICE (vegan) (£3.35)

	INGREDIENTS
	Lentils, Onions, Carrots, Green Peppers, <b>Celery</b> , Leek, Swede, Courgette, Chilli, Garlic, Tomatoes, Vegetable Stock
Jewelled Rice	Rice, Wild Rice, Pomegranate, Parsley, Turmeric, Onion
Tortilla Crisps	Corn Flour, Sunflower Oil



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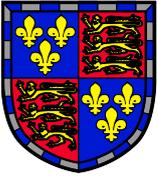
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MONDAY LUNCH/DINNER

## VEGETABLE THAI RED CURRY WITH QUORN & RICE (vegetarian) (£3.35)

	INGREDIENTS
Quorn	Mycoprotein, <b>Egg White</b> , Calcium Chloride, Calcium Acetate, Peppers, Onion
Thai Curry Paste	Red Chilli, Coriander, Salt, Ginger, Garlic, Lemongrass, Shallot, Kaffir Lime Leaves, Cumin, Coconut Milk, Creamed Coconut, Vegetable Stock
	Rice



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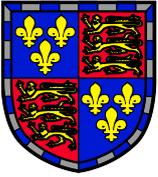
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MONDAY LUNCH/DINNER

## SALMON WITH CHILLI & LIME BUTTER (£4.25)

	INGREDIENTS
	Olive Oil, <b>Salmon</b> , <b>Butter</b> , Spring Onions, Red Chilli, Lime, Coriander



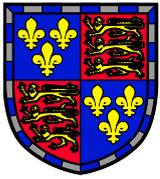
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## MONDAY DINNER

# BREADED ESCALOPE OF TURKEY WITH SAGE BUTTER (£3.40) + FRIED EGG (£0.33)

	INGREDIENTS
	Turkey, Salt & Pepper, <b>Butter</b> , Sage, <b>Bread Crumbs</b>
	<b>Egg</b>



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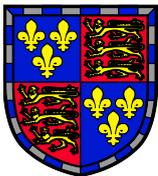
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MONDAY DINNER

## RICH CHOCOLATE POTS WITH CHOCOLATE FLAKE (£1.05)

	INGREDIENTS
Chocolate Pots	Double Cream, Dark Chocolate(Soya, Milk), Egg, Chocolate Flake (Milk)



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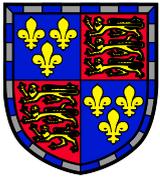
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**TUESDAY LUNCH**

## **NUT ROAST WITH CAMELISED ONION & MUSHROOM GRAVY (vegan) (£3.35)**

	INGREDIENTS
	Red Onions, Garlic, <b>Roasted Peanuts</b> , <b>Oat Groats</b> , Sunflower Seeds, Pumpkin Seeds, Brown Flaxseed (Linseed), Red Kidney Beans, <b>Breadcrumbs</b> , Red Apples, Carrots, Vegetable Stock, Olive Oil, Herbs De Provence, Black Pepper
Gravy	Onions, Garlic, Brown Sugar, Brown Mushrooms, Sundried Tomato, Tomato Puree, Stock Cube, <b>Soya Sauce</b> , <b>Balsamic Vinegar</b> , Water, Olive Oil



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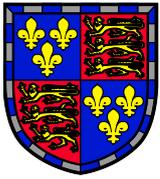
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TUESDAY LUNCH/DINNER

## HOMEMADE ROASTED VEGETABLE & OLIVE PIZZA (vegetarian) (£3.35)

	INGREDIENTS
Pizza Dough	<b>Wheat Flour</b> , Palm Oil, Rapeseed Oil, <b>Soya</b> , Salt, Yeast, Dextrose
Tomato Sauce	Tomato, Onion, Oil, Sugar, Salt, Garlic, Herbs, Citric Acid
	<b>Mozzarella</b> , <b>Cheddar</b> , Potato Starch, Olives, Lactic Acid, Courgette, Peppers, Aubergine



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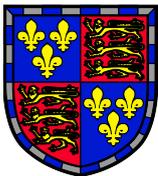
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## TUESDAY LUNCH

# BAKED PLAICE WITH CHERRY TOMATOES, GREEN BEANS & GARLIC (£3.80)

	INGREDIENTS
	<p><b>Plaice</b>, Lemon, Cherry Tomatoes, Green Beans, Garlic, Olive Oil, <b>Butter</b></p>



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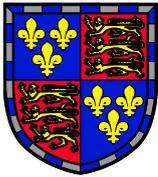
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TUESDAY LUNCH/DINNER

## CLASSIC ROAST CHICKEN & GRAVY (£3.80)

	INGREDIENTS
	Chicken, Onion, Carrots, Lemon, Thyme, <b>Butter</b>
Chicken Gravy	Dextrose, Salt, Yeast Extracts, Flavouring, Sugar, Sunflower Oil



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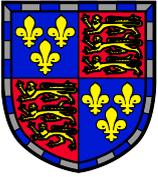
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**TUESDAY LUNCH**

## **SHEPHERD'S PIE (£3.80)**

	INGREDIENTS
	<b>Minced Lamb, Onions, Carrot, Swede, Courgette, Tomato Puree, Cornflour, Potato, Milk, Margarine</b>



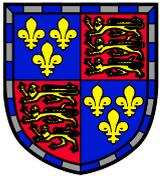
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## TUESDAY LUNCH

# APPLE STRUDEL WITH CUSTARD (£1.05)

	INGREDIENTS
Apple Strudel	Apples, Plain Flour, Flex (Pastry Fat), Water, Salt, Sugar, Dried Apple Mix, Sultanas, Eggs
Custard	Milk, Sugar, Custard Powder, Cornflour, Salt, Annatto Colouring, Flavouring



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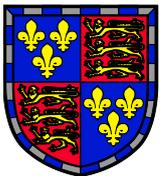
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TUESDAY DINNER

# VEGETABLE & BEAN COTTAGE PIE WITH TOASTED PUMPKIN SEEDS (vegan) (£3.35)

	INGREDIENTS
	Carrots, <b>Celery</b> , Onion, Garlic, Courgette, Borlotti Beans, Kidney Beans, Butter Beans, Ascorbic Acid, Salt, Water
Topping	Sweet Potato, Salt & Pepper, Pumpkin Seeds



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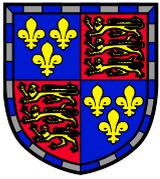
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TUESDAY LUNCH/DINNER

## HOMEMADE ROASTED VEGETABLE & OLIVE PIZZA (vegetarian) (£3.35)

	INGREDIENTS
Pizza Dough	<b>Wheat Flour</b> , Palm Oil, Rapeseed Oil, <b>Soya</b> , Salt, Yeast, Dextrose
Tomato Sauce	Tomato, Onion, Oil, Sugar, Salt, Garlic, Herbs, Citric Acid
	<b>Mozzarella</b> , <b>Cheddar</b> , Potato Starch, Olives, Lactic Acid, Courgette, Peppers, Aubergine



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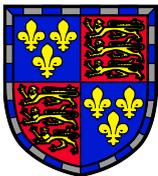
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## TUESDAY DINNER

# PAN FRIED FILLET OF SEABASS WITH SPICY SALSA (£4.25)

	INGREDIENTS
	<b>Sea Bass Fillet</b> , Olive Oil, Seasoning.
Salsa	Olive Oil, Spring Onion, Red Chilli, Garlic, Tomatoes, Lime Juice, Coriander Leaf



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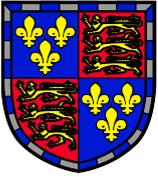
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TUESDAY LUNCH/DINNER

## CLASSIC ROAST CHICKEN & GRAVY (£3.80)

	INGREDIENTS
	Chicken, Onion, Carrots, Lemon, Thyme, <b>Butter</b>
Chicken Gravy	Dextrose, Salt, Yeast Extracts, Flavouring, Sugar, Sunflower Oil



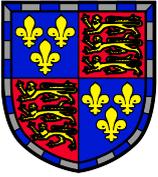
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TUESDAY DINNER

## BEEF BURGER WITH SALAD & RELISH (£4.25)

		INGREDIENTS
Bun		<b>Wheat Flour, Yeast</b>
Burger	 	<b>Beef, Malt Vinegar (Barley), Worcestershire Sauce (Anchovies (Fish), Sodium Sulphite, Molasses Sugar, Salt, Tamarind Extract, Onions, Garlic, Pepper, Tomato Powder)</b>
Relish	 	<b>Mustard Seeds, Garlic, Sugar, Salt</b>
Accompaniments		<b>Cheese (Milk)</b>



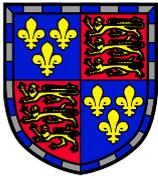
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## TUESDAY DINNER

# BANANA BREAD WITH CREAM (£1.05)

	INGREDIENTS
Ingredients	<b>Plain Flour</b> , Baking Powder, Salt, Bananas, Caster Sugar, <b>Egg</b> , <b>Butter</b> , Milk, Cream



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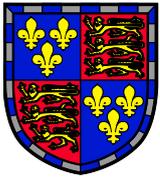
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## WEDNESDAY LUNCH

# SPAGHETTI WITH RED BEANS, CAPERS, OLIVES & SPINACH (vegan) (£3.35)

	INGREDIENTS
	<b>Spaghetti</b>
	<b>Onion, Rapeseed Oil, Red Chilli, Garlic, Cherry Tomatoes, Cider Vinegar, Capers, Olives, Smoked Paprika, Kidney Beans, Spinach, Parsley, Basil</b>



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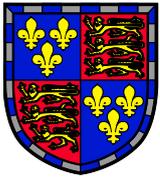
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**WEDNESDAY LUNCH**

**STUFFED YELLOW PEPPERS WITH ROAST TOMATO PESTO  
ON A BED OF SAUTED SPINACH (vegetarian) (£3.35)**

	INGREDIENTS
	Yellow Peppers, Tomatoes, Salt & Pepper, <b>Mozzarella Cheese</b>
Pesto	Basil, Olive Oil, Garlic, Salt & Pepper, <b>Vegetarian Parmesan Cheese</b>
	Spinach, Garlic, Onion



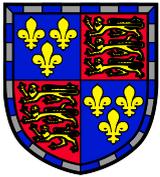
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## WEDNESDAY LUNCH/DINNER

# SMOKED HADDOCK FISH CAKE WITH TOMATO & FENNEL SALSA (£3.80)

	INGREDIENTS
Fish Cake	<b>Haddock (Fish), Mustard Flour, Wheat, Annatto &amp; Curcumin, Potato, Palm Oil, Spring Oil, Rapeseed Oil, Margarine (may contain Milk), Dextrose, Pepper</b>
Salsa	<b>Tomato, Fennel, Red Onion, Lemon Juice/Zest, Olive Oil, Sugar</b>



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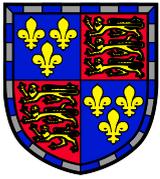
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## WEDNESDAY LUNCH

# THAI GREEN CHICKEN CURRY WITH PRAWN CRACKERS (£3.80)

	INGREDIENTS
	Diced Chicken, Green Chillies, <b>Double Cream</b> , Coconut Milk, Cream Coconut, Chicken Stock (Dextrose, Salt, Yeast Extracts, Flavouring, Sugar, Sunflower Oil), Onion, Green Peppers, Courgette, Ginger, Garlic, Corn Flour, Mangetout
Prawn Crackers	<b>Prawns</b> , Rice Flour
Thai Green Paste	Rapeseed Oil, Lemon Grass, Chilli, Garlic, <b>Fish Sauce</b> , Peppers, Basil, Corn Starch, Ginger, Lime Leaf, Sugar, Coriander, Cumin, Cardamom, Salt



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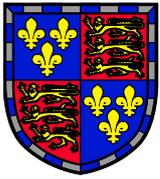
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## WEDNESDAY LUNCH

# ROAST LOIN OF PORK WITH APPLE SAUCE, CRACKLING & STUFFING (£3.80)

	INGREDIENTS
	Pork, Oil, Salt, Pepper
Apple Sauce	Apples, Citric Acid
Stuffing	<b>Wheat</b> , Onion, Salt, Herbs, Oil
Gravy	Dextrose, Salt, Yeast Extracts, Flavouring, Sugar, Sunflower Oil



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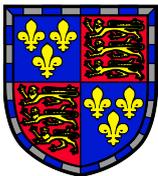
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## WEDNESDAY LUNCH

# SULTANA SCONES WITH JAM & CREAM

(£1.05)

	INGREDIENTS
	<b>Flour, Butter, Sugar, Salt, Milk, Sultanas</b>



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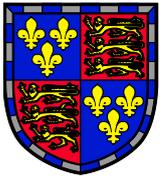
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## WEDNESDAY DINNER

### VEGETABLE TAGINE WITH PITA BREAD (vegan) (£3.35)

	INGREDIENTS
Vegetables 	Red Onions, Red & Yellow Peppers, Butternut Squash, Carrot, Paprika, <b>Dried Apricots (Sulphites)</b> , <b>Ras el Hanout (Celery, Mixed Spices)</b> , Tin Tomato, Chickpeas
Vegetable Stock	Dextrose, Salt, Dried Vegetables (onion, leek, carrot), Yeast Extract, Sunflower Oil, Spices, Flavouring, Herb
Pita Bread	<b>Wheat Flour</b> , Water, Yeast, Salt, Preservative (Calcium Propionate)



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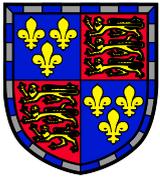
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WEDNESDAY DINNER

## VEGETABLE & BEAN GRATIN (**vegetarian**) (£3.35)

	INGREDIENTS
	Courgette, Tomato, Sweet Potato, Peppers, <b>Celeriac</b> , Spinach, Garlic, Onion, Bolotti Beans, Salt & Pepper, Nutmeg, Basil, Tarragon
Vegetable Stock	Dextrose, Salt, Dried Vegetables (onion, leek, carrot), Yeast Extract, Sunflower Oil, Spices, Flavouring, Herb
Cheese	<b>Cheddar, Mozzarella, Parmesan</b>
Crumb Top	<b>Wheat</b>



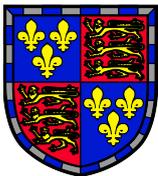
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## WEDNESDAY LUNCH/DINNER

# SMOKED HADDOCK FISH CAKE WITH TOMATO & FENNEL SALSA (£3.80)

	INGREDIENTS
Fish Cake	<b>Haddock (Fish), Mustard Flour, Wheat, Annatto &amp; Curcumin, Potato, Palm Oil, Spring Oil, Rapeseed Oil, Margarine (may contain Milk), Dextrose, Pepper</b>
Salsa	<b>Tomato, Fennel, Red Onion, Lemon Juice/Zest, Olive Oil, Sugar</b>



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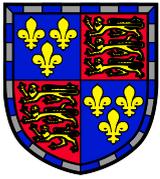
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## WEDNESDAY DINNER

# PIQUANT CHICKEN FILLET WITH CREAMY GARLIC & MUSTARD SAUCE (£3.80)

	INGREDIENTS
	Chicken Fillet, Salt & Pepper
Sauce	Garlic, <b>White Wine Vinegar (Sulphites), Dijon Mustard,</b> Tomato Purée, <b>Double Cream, White Wine</b>
Garnish	Chopped Parsley, Sliced Tomato



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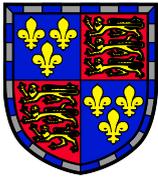
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## WEDNESDAY DINNER

# LAMB MEAT BALLS IN TOMATO & OLIVE SAUCE (£3.80)

	INGREDIENTS
Lamb	Lamb Mince, <b>Bread Crumbs, Egg, Red Wine (Sulphites),</b> Lemon Juice & Zest, Salt & Pepper, Garlic, Basil
Tomato Sauce	Chopped Tomatoes, Onion, Garlic, Tomato Purée, Salt & Pepper, Black Olives



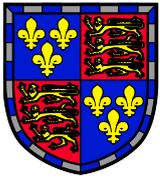
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WEDNESDAY DINNER

## TREACLE TART (£1.05)

		INGREDIENTS
Filling		Golden Syrup – Sugar, <b>Breadcrumbs (Wheat)</b> , Yeast, Lemon Juice, <b>Eggs</b>
Pastry		<b>Wheat flour</b> , Vegetable Margarine, Salt
Custard		<b>Milk</b> , Sugar, Custard Powder ( <b>may contain Milk</b> ), Cornflour, Salt, Annatto Colouring, Flavouring



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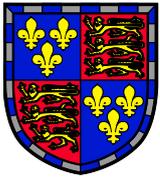
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## THURSDAY LUNCH

# TOFU & RICE NOODLES STIR FRY WITH GINGER & LEMON GRASS BROTH (vegan) (£3.35)

	INGREDIENTS
	<b>Tofu (Soya),</b> Rice Noodles (Rice, Tapioca Starch)
Broth	Vegetable Base (Dextrose, Salt, Onion, Leek, Carrot, Yeast Extract, Sunflower Oil, Spices, Flavouring, Herbs), Lemon Grass, Ginger, Lime Juice, Lime Zest
Vegetables	Garlic, Red Pepper, Mangetout, Carrot, Pak Choy, Chillies, <b>Toasted Cashew Nuts</b>



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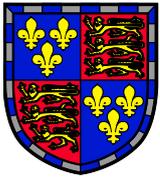


THURSDAY LUNCH

## QUORN & VEGETABLE STIR FRY (vegetarian)

(£3.35)

	INGREDIENTS
	<p>Mycoprotein, <b>Egg Whites</b>, Flavouring, Calcium Chloride, Calcium Acetate, Courgette, Mixed Peppers, Tenderstem, Broccoli, Carrot, Mangetout, Garlic, Chilli, Ginger, Rice</p>



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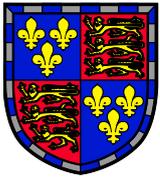
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## THURSDAY LUNCH

# MEDITERRANEAN BAKED COD WITH LEMON & GARLIC (£3.80)

	INGREDIENTS
	<b>Cod Fillet, Garlic, Parsley, Lemon, Olive Oil, Butter, Salt &amp; Pepper, Sunblushed Tomatoes, Julienne Peppers</b>



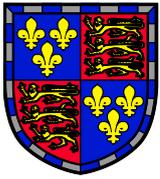
# UPPER HALL

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## THURSDAY LUNCH

# BREADED TURKEY PARMIGIANA WITH GARLIC BREAD (£3.80)

	INGREDIENTS
	Turkey, Flour, Eggs, Breadcrumbs, Mozzarella, Parmesan Cheese, Tomato Slice
Tomato Sauce	Chopped Tomato, Onion, Garlic, Basil, Tomato Paste, Salt & Pepper
Garlic Bread	Flour, Yeast, Garlic, Butter



**UPPER HALL**

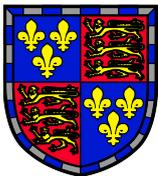
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**THURSDAY LUNCH**

**GLAZED ROAST GAMMON WITH CAMELISED  
PINEAPPLE & LIGHT SAVOURY JUS (£3.80)**

	INGREDIENTS
	Gammon, Clove, Honey, Brown Sugar, Pineapple, Salt
Jus	Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil, Corn Flour



# UPPER HALL

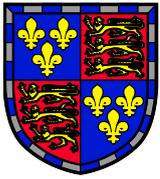
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## THURSDAY LUNCH

# APRICOT PIE & CUSTARD (£1.05)

	INGREDIENTS
Sweet Paste	<b>Plain Flour (Wheat)</b> , Marvello (Margarine), Caster Sugar, Water
Filling	Apricots, Brown Sugar, <b>Egg, Milk</b> , Caster Sugar
Custard	Maize Starch, Salt, Flavouring, Colour (Annato), <b>Milk</b>



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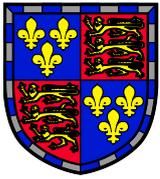
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## THURSDAY DINNER

# TOFU, MUSHROOM & VEGETABLE STACK WITH TOASTED CASHEW NUTS & GINGER CRUMB (vegan) (£3.35)

	INGREDIENTS
	<b>Tofu (Soya)</b> , Mushroom, Courgette, Aubergine, Peppers, Red Onion, Fresh Coriander, <b>Soya Sauce</b> , Garlic, Salt & Pepper
Crumb Top	<b>Toasted Cashew Nuts</b> , Stem Ginger, Sugar, Water



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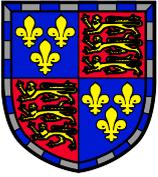
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**THURSDAY DINNER**

**FALAFEL WITH TOMATO & BLACK OLIVE SAUCE  
WITH PITA BREAD & FETA CHEESE (vegetarian) (£3.35)**

	INGREDIENTS
Falafel	Chick Pea, Onion, Spices
Tomato Sauce	Chopped Tomatoes, Onion, Garlic, Tomato Purée, Salt & Pepper, Black Olives
Feta Cheese	Milk
Pita Bread	Wheat



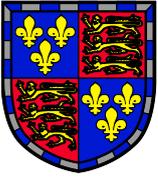
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## THURSDAY DINNER

### FISH PIE (£3.80)

	INGREDIENTS
Filling	<b>Fish, Crustaceans, Egg, Milk, Margarine, Wheat, Celery Seeds, Onions, Leeks, Yeast Extract, Sugar, Peas, Dill, Garlic, Celery</b>
Topping	Potato, <b>Butter, Milk</b>



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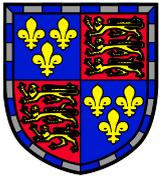
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## THURSDAY DINNER

# CHICKEN FRIED RICE (£3.80)

	INGREDIENTS
	Chicken, Rice, Peas, Spring Onion, Onion, Carrots, <b>Soya Sauce</b> , Sesame Oil, Ginger



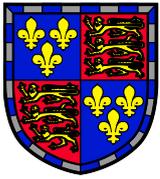
# UPPER HALL

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## THURSDAY DINNER

# DINGLEY DELL PORK & LEEK SAUSAGE WITH YORKSHIRE PUDDING & ONION GRAVY (£3.80)

	INGREDIENTS
Sausage 	Pork, <b>Wheat Flour</b> , Salt, Onion Powder, Dextrose, Sodium Triphosphate, Leek
Yorkshire Pudding	<b>Milk, Flour, Eggs</b> , Oil
Onion Gravy 	Onion, Oil, Corn Flour, Beef Base (Halal), Onion Base



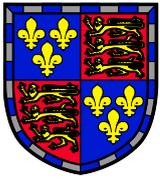
# UPPER HALL

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## THURSDAY DINNER

# FRUIT TARTLETS (£1.05)

	INGREDIENTS
Tartlet Case	<b>Wheat Flour</b> , Sugar, <b>Concentrated Butter</b> , <b>Butter</b> , Colour, (Carotenes), Palm Fat, Coconut Oil, Sunflower Oil, Colour (Beta-Carotene), Water, <b>Egg</b> , Emulsifier Mix, <b>Wheat Flour</b> , Emulsifier (Polysorbate 60, Sorbitan Monostearate), <b>Milk Proteins</b> , Deactivated Yeast, Dextrose, Salt.
Pastry Cream	Sugar, Modified Starch, <b>Skimmed Milk Powder</b> , <b>Lactose &amp; Milk Proteins</b> , Coconut Oil, Gelling Agent, Flavouring



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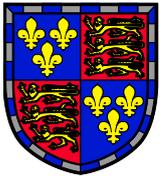
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## FRIDAY LUNCH

# OLIVES & TOMATO RISOTTO WITH CANNELLINI BEANS & PINE NUTS (vegan) (£3.35)

	INGREDIENTS
	Rice, Olives, Tomatoes, Cannellini Beans, <b>Pine Nuts, Celery,</b> Onion, Garlic



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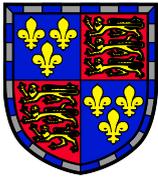
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FRIDAY LUNCH

## LINDA MCCARTNEY VEGETARIAN BOLOGNESE WITH PARMESAN CHEESE & GARLIC SLICE (vegetarian) (£3.35)

	INGREDIENTS
Bolognaise	<b>L. McCartney Soya Mince</b> , Tomato, Onion, Garlic, Oregano, Tomato Purée, Salt & Pepper, Carrot, <b>Celery</b>
Spaghetti	<b>Wheat</b>
Garlic Bread	<b>Wheat, Butter (Milk)</b>
Parmesan	<b>Milk, Dried Egg Protein</b>



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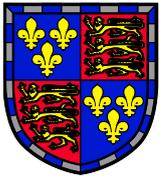


FRIDAY LUNCH/DINNER

## FRESH FILLET OF FISH WITH TARTAR SAUCE

(£3.80)

	INGREDIENTS
	<b>Fresh Fish Fillet, Wheat Flour, Yeast, Yellow Colour, Salt</b>
Tartar Sauce	<b>Onions, Capers, Baby Gherkins (Barley Malt Vinegar, Sulphites), Mayonnaise (Rapeseed Oil, Eggs, Mustard Flour), Spirit Vinegar, Maize Starch, Mustard, Sulphur Dioxide.</b>



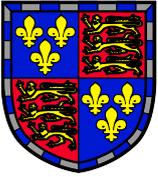
# UPPER HALL

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## FRIDAY LUNCH

# CHICKEN FILLET BURGER WITH ONIONS, SALAD, RELISH & BBQ SAUCE (£3.80)

		INGREDIENTS
Bap		<b>Wheat</b> , Yeast
Burger	 	Chicken, Garlic, Salt, Pepper, Oil
Burger Relish	 	<b>Mustard</b>
Mayonnaise	 	Rapeseed Oil, Water, <b>Egg Yolk</b> , Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabilisers (Guar and Xanthan Gum), <b>Mustard Flour</b>
BBQ Sauce	 	Sugar, Tomato Paste, <b>Mustard Seed Powder</b> , Spirit Vinegar, 5 Spice Powder, Maltodextrin
Accompaniments		Onions, <b>Grated Cheese</b> , Lettuce



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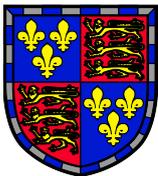
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## FRIDAY LUNCH/DINNER

# BEEF GOULASH WITH POTATOES (£3.80)

	INGREDIENTS
	Beef, Olive Oil, Flour, Onion, Garlic, , Green & Red Pepper, Tomato Puree, Paprika, Tomatoes, <b>Dry White Wine</b> , Beef Stock, Parsley, <b>Soured Cream</b> , Potatoes



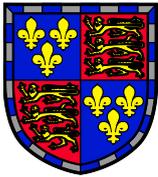
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## FRIDAY LUNCH

# CHERRY BAKEWELL TART & CUSTARD (£1.05)

	INGREDIENTS
Pastry	<b>Flour, Ground Almonds, Almond Essence, Butter, Eggs, Sugar, Red Cherries, Maize Starch</b>
Custard	<b>Maize Starch, Salt, Flavouring, Colour (Annato), Milk</b>



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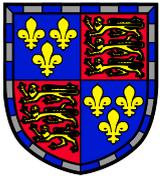
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## FRIDAY DINNER

# SPINACH, SWEET POTATO, PISTACHIO & ALMOND TART WITH RED & YELLOW PEPPER JAM (vegan) (£3.35)

	INGREDIENTS
	Spinach, Onion, Garlic, Sweet Potato, <b>Pistachio, Almond,</b> Yellow & Red Pepper, Sugar, Salt
Pastry	<b>Flour,</b> Marvello (Margarine), Water



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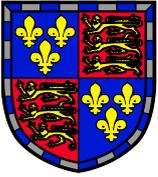
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## FRIDAY DINNER

# MUSHROOM & VEGETABLE KEDGEREE WITH KORMA SAUCE (vegetarian) (£3.35)

	INGREDIENTS
	Mushrooms, Chives, Garlic, Carrot, Leek, <b>Celery</b> , Courgette, Peas, Rice, <b>Egg</b>
Korma Sauce	Desiccated Coconut, Vegetable Oil, Sugar, Garlic, Coriander, Spices, <b>Mustard</b> , <b>Milk</b> , Maize Flour  <b>May contain Nuts &amp; Peanuts</b>



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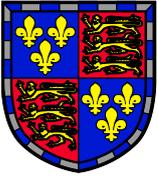
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FRIDAY LUNCH/DINNER

## FRESH FILLET OF FISH WITH TARTAR SAUCE (£3.80)

	INGREDIENTS
	<b>Fresh Fish Fillet, Wheat Flour, Yeast, Yellow Colour, Salt</b>
Tartar Sauce	<b>Onions, Capers, Baby Gherkins (Barley Malt Vinegar, Sulphites), Mayonnaise (Rapeseed Oil, Eggs, Mustard Flour), Spirit Vinegar, Maize Starch, Mustard, Sulphur Dioxide.</b>



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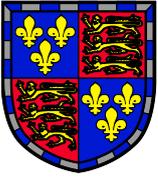
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## FRIDAY DINNER

# TURKEY MINCE & COURGETTE BAKE (£3.80)

	INGREDIENTS
	Minced Turkey, Courgettes, Sweetcorn, <b>Cheddar Cheese</b>
Pasta Sauce	Tomato, Onion, Garlic, Basil, Tomato Puree, Salt & Pepper



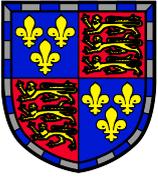
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## FRIDAY LUNCH/DINNER

# BEEF GOULASH WITH POTATOES (£3.80)

	INGREDIENTS
	Beef, Olive Oil, Flour, Onion, Garlic, , Green & Red Pepper, Tomato Puree, Paprika, Tomatoes, <b>Dry White Wine</b> , Beef Stock, Parsley, <b>Soured Cream</b> , Potatoes



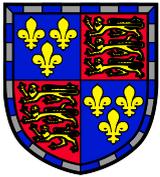
# UPPER HALL

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FRIDAY DINNER

## CHOCOLATE ÉCLAIR (£1.05)

	INGREDIENTS
	<b>Cream, Sugar, Chocolate, Water, Plain Flour, Salt, Butter, Eggs</b>



# UPPER HALL

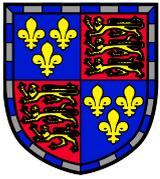
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## SATURDAY DINNER

# SPICED CAULIFLOWER, TOMATO & KIDNEY BEAN PASTA BAKE (vegan) (£3.35)

	INGREDIENTS
	Cauliflower, Chopped Tomato, Passata, Onions, Peppers, Kidney Beans, Fajita Spice, <b>Pasta (Wheat)</b> , Salt & Pepper



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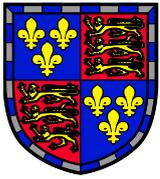
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SATURDAY DINNER

## SUNDRIED TOMATO & GOATS CHEESE CALZONE (vegetarian) (£3.35)

	INGREDIENTS
Calzone	<b>Wheat</b> , Yeast,
Filling	Tomato, <b>Goats Cheese (Milk)</b> , Onions, Garlic, Basil, Olive Oil, Salt & Pepper



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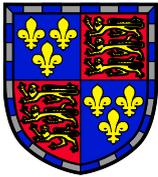
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## SATURDAY DINNER

# SMOKED HADDOCK WITH SPINACH CREAM (£3.40) + FREE RANGE POACHED EGG (£0.33)

	INGREDIENTS
	<b>Haddock (Fish), Spinach, Double Cream, Onion, Garlic, Vegetable Stock, Corn Flour</b>
	<b>Egg</b>



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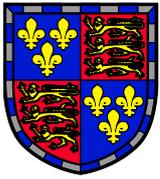
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## SATURDAY DINNER

# PESTO GRILLED CHICKEN WITH CAPERS, RED PEPPERS & TOMATO (£3.80)

	INGREDIENTS
	Chicken, Salt & Pepper, Capers, Red Peppers, Tomato
Pesto	Basil, Sunflower Oil, Salt, <b>Parmesan Cheese</b>



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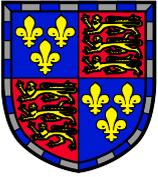
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## SATURDAY DINNER

# GRILLED RUMP STEAK WITH MUSHROOMS, TOMATO & GRAVY (£4.25)

	INGREDIENTS
	Rump Steak, Tomato, Mushrooms
Gravy	Dextrose, Salt, Yeast Extract, Flavouring, Sugar, Sunflower Oil



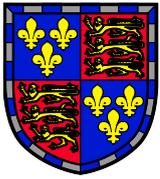
# UPPER HALL

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## SATURDAY DINNER

# FRUIT CRUMBLE & CUSTARD (£1.05)

	INGREDIENTS
	Cherry, Apple, Plum, <b>Butter, Flour</b>
Custard	Maize Starch, Salt, Flavouring, Colour (Annato), <b>Milk</b> , Sugar



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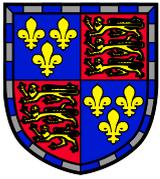
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## SUNDAY DINNER

# OYSTER MUSHROOM STROGANOFF WITH CHERRY TOMATO FOCACCIA (vegan) (£3.35)

	INGREDIENTS
	Oyster Mushrooms, White Mushrooms, Garlic, Onion, Red Pepper, Paprika, Salt & Pepper, <b>Mustard</b>
Sauce 	<b>Soya Cream</b>
Focaccia	<b>Wheat Flour</b> , Cherry Tomato, Olive Oil, Yeast, Salt, Basil, Ascorbic Acid



# UPPER HALL

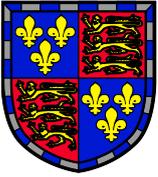
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SUNDAY DINNER

## LEEK & CHERRY TOMATO QUICHE (vegetarian) (£3.35)

	INGREDIENTS
Base	<b>Wheat</b> , Marvello (Margarine)
Filling	<b>Egg, Milk, Cheese</b> , Leek, Onion, Cherry Tomato, Mixed Herbs



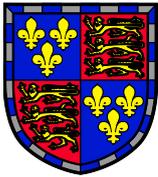
# UPPER HALL

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## SUNDAY DINNER

# SCAMPI FRITTERS WITH TARTAR SAUCE & LEMON WEDGE (£3.80)

	INGREDIENTS
	<b>Crustacean, Wheat, Yeast, Dextrose, Salt, Maize, Herbs</b>
<b>Tartar Sauce</b>	<b>Onions, Capers, Baby Gherkins (Barley Malt Vinegar, Sulphites), Mayonnaise (including Rapeseed Oil, Eggs, Mustard Flour), Spirit Vinegar, Maize Starch, Mustard, Sulphur Dioxide.</b>
	<b>Lemon</b>



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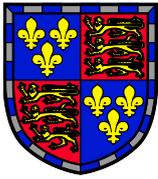
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## SUNDAY DINNER

# CHICKEN & MUSHROOM RISOTTO WITH PARMESAN CHEESE (£3.80)

	INGREDIENTS
	Chicken, Rice, Chestnut Mushrooms, Onion, Thyme, <b>Parmesan Cheese, Butter</b> , Chicken Stock, Parsley



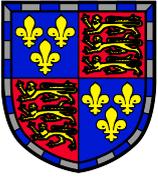
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## SUNDAY DINNER

# PASTA CARBONNARA WITH BACON & CHERRY TOMATO FOCACCIA (£3.80)

	INGREDIENTS
	Smoked Bacon, Onion, Garlic, Mushrooms, <b>Double Cream</b> , Salt & Pepper, <b>Cheddar Cheese</b> , <b>Parmesan Cheese</b>
Pasta	<b>Durum Wheat Semolina</b> , Water
Focaccia	<b>Wheat Flour</b> , Cherry Tomato, Olive Oil, Yeast, Salt, Basil, Ascorbic Acid



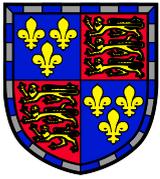
# UPPER HALL

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## SUNDAY DINNER

# NEW YORK CHEESECAKE (£1.05)

	INGREDIENTS
	<b>Egg, Milk, Wheat</b>



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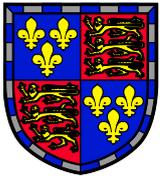
UPPER HALL

LUNCH

ALLERGY FOLDERS

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KITCHEN



UPPER HALL

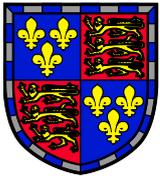
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LUNCH

ALLERGY FOLDERS

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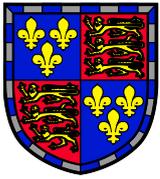
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DINNER

ALLERGY FOLDERS

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KITCHEN



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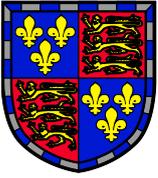
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DINNER

ALLERGY FOLDERS

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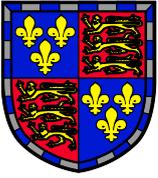


**UPPER HALL**

WEEK 1, 4, 7

# VEGETABLES LUNCH

<b>TUESDAY</b>	<b>Creamed Cauliflower</b>	<b>DAIRY</b>
<b>FRIDAY</b>	<b>Baked Potato w/cheese</b>	<b>DAIRY</b>

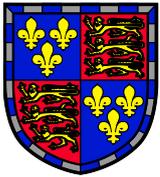


**UPPER HALL**

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# VEGETABLES DINNER

<b>WEDNESDAY</b>	<b>Pasta</b>	<b>GLUTEN</b>
<b>FRIDAY</b>	<b>Mashed Potatoes</b>	<b>DAIRY</b>
<b>SATURDAY</b>	<b>Creamed Potatoes</b>	<b>DAIRY</b>



**UPPER HALL**

WEEK 1, 4, 7

**Under any circumstances**

**DO NOT CHANGE**

**ingredients without  
discussing it with the  
Head Chef a week  
in advance**