

UPPER HALL

WEEK 2, 5, 8

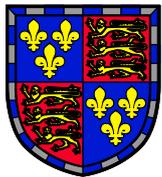


MONDAY LUNCH

VEGETABLE WELLINGTON WITH BUTTER BEAN PUREE

(vegan) (£3.35)

	INGREDIENTS
	Leek, Celery, Carrots, Garlic, Fresh Tarragon, Dried Oregano, Dried Sage, Salt & Pepper, Vegetable Stock, Toasted Walnuts, Spinach, Olive Oil
Filo Pastry	Wheat Flour , Water, Corn Starch, Glycerol, Salt, Potassium Sorbate, L-cystein
Butter Bean Puree	Butter Beans, Garlic, Olive Oil, Lemon Juice



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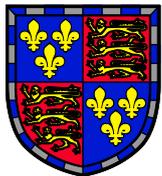
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MONDAY LUNCH

ROQUEFORT CHEESECAKE WITH BALSAMIC PEARS & WALNUTS (vegetarian) (£3.35)

	INGREDIENTS
Base	Breadcrumbs, Grated Pecorino Romano or Parmesan (Cheese), Butter, Black Pepper
Filling	Eggs, Curd Cheese, Fromage Frais, Roquefort, Chives, Spring Onions, Salt & Pepper
	Pears, Garlic, Salt, Mustard Powder, Balsamic Vinegar (Sulphites), Olive Oil, Black Pepper



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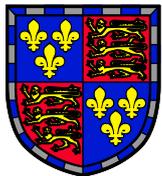
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MONDAY LUNCH

HONEY & ORANGE ROAST SEA BASS (£3.80)

	INGREDIENTS
	Sea Bass Fillets, Orange Zest, Orange Juice, Honey, Wholegrain Mustard, Olive Oil, Parsley, Dill, Salt & Pepper



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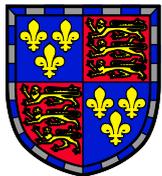
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MONDAY LUNCH

TURKEY BIRYANI (£3.80)

	INGREDIENTS
	Turkey, Butter , Curry Powder, Salt, Peas, Onion, Cardamom, Cloves, Cinnamon Sticks, Garlic, Ginger, Basmati Rice, Chicken Broth, Raisins, Roasted Cashew Nuts , Coriander



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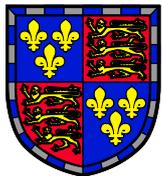
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MONDAY LUNCH

GERMAN APPLE PUDDING & CUSTARD

(£1.05)

	INGREDIENTS
Pudding	Self-Raising Flour, Ground Almonds, Butter, Dark Brown Sugar, Egg Yolks, Plain Flour, Solid Pack Apples
Custard	Milk, Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato)



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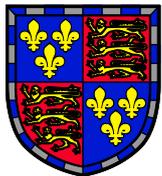
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MONDAY DINNER

ORIENTAL VEGETABLE & BEAN SPROUT CHINESE PANCAKES WITH PEANUT BUTTER SAUCE (vegan) (£3.35)

	INGREDIENTS
Vegetables	Carrots, Peppers, Onions, Green Cabbage, Bean Sprouts, Five Spice, Soya Sauce , Salt & Pepper, Ginger, Garlic, Rice Noodles
Chinese Pancakes	Wheat , Water, Coconut water
Peanut Butter Sauce	Sweet Chilli (Sugar, Chilli, Garlic), Modified Corn Starch Peanut Butter (Peanuts , Salt, Sugar), Soya , Sesame , Lime Juice



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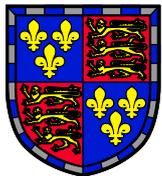
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MONDAY DINNER

PORTOBELLO MUSHROOM FILLED WITH SPINACH, POACHED EGG, TOMATO & HOLLANDAISE SAUCE (vegetarian) (£3.35)

	INGREDIENTS
	Mushroom, Egg , Salt
Hollandaise Sauce	Vegetable Oil, Milk, Egg Yolk, White Wine Vinegar (Sulphur Dioxide) , Sugar, Salt, Lemon Juice, Dried Onion, Modified Starch
	Parsley, Pepper, Tomato, Spinach, Chive



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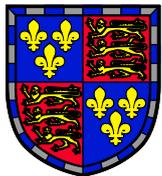
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MONDAY DINNER

TUNA WITH CUCUMBER RELISH (£3.80)

	INGREDIENTS
	Tuna , Cucumber, Red Onion, Red Pepper, Dill, Rice Wine Vinegar (Sulphites)



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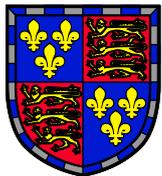
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MONDAY DINNER

CREAMY TURKEY WITH SPRING VEGETABLES & RICE (£3.80)

	INGREDIENTS
	Diced Turkey, Diced Onions, Diced Leeks, Chicken Stock (Salt, Sugar, Yeast, Dextrose), Cream , Asparagus, Peas, Edamame, Lemon Thyme, White Wine Vinegar (Sulphites) , Vegetable Oil



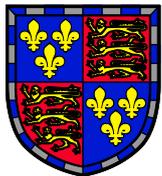
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MONDAY DINNER

LEMON BAKEWELL TART WITH LEMON CURD (£1.05)

	INGREDIENTS
Pastry	Flour, Ground Almonds, Almond Essence, Butter, Eggs, Sugar, Red Cherries, Maize Starch, Lemon
Lemon Curd	Sugar, Glucose-Fructose Syrup, Water, Palm Oil, Lemon Juice, Cornflour, Dried Whole Egg, Pectin, Citric Acid, Salt, Lemon Oil, Sodium Citrates, Beta-Carotene, Ascorbic Acid



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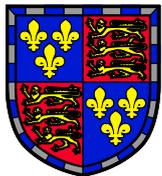
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TUESDAY LUNCH

PAK CHOI & VEGETABLE SOY BROTH WITH RICE NOODLES (vegan) (£3.35)

	INGREDIENTS
	Pak Choi, Onion, Garlic, Ginger, Carrots, Mushrooms, Coriander, Celery , Spring Onions, Chilli, Bean Sprouts,
Soy Broth	Soya , Vegetable Stock, Celery Seeds
Rice Noodles	Rice Flour, Tapioca



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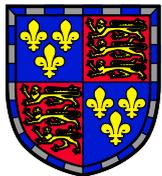
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TUESDAY LUNCH/DINNER

GOAT'S CHEESE & SUNDRIED TOMATO FILO PARCEL (vegetarian) (£3.35)

	INGREDIENTS
	Goats Cheese (Dairy/Milk) , Sundried Tomato, Vegetable Oil, Salt, Garlic, Oregano, Shallot, Cheddar
Filo Pastry	Wheat Flour , Water, Corn Starch, Glycerol, Salt, Potassium Sorbate, L-cystein
Tomato Chutney	Tomatoes, Onions, Apples, Sugar, Vinegar (Sulphur Dioxide) , Raisins, Mustard Seeds , Salt, Spice, Sorbic Acid



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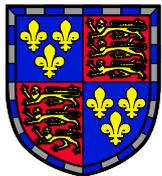


TUESDAY LUNCH

COD STEAK PUTTANESCA (£3.80)

(£3.60)

	INGREDIENTS
	<p>Cod, Anchovies (Fish), Capers (Vinegar - Sulphur Dioxide), Olive Oil, Vegetable Oil, Olives, Salt, Basil, White Wine (Sulphites), Chopped Tomato</p>



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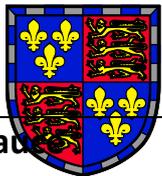


TUESDAY LUNCH

THE COLONEL'S TABLE (£4.25)

(Breaded Drumstick, B-B-Q Thigh, Nuggets x3, Corn Cob, Coleslaw & BBQ Sauce)

	INGREDIENTS
Chicken Drumstick	Wheat , Yeast, Egg , Milk , Salt, Pepper
Barbeque Thigh 	Chicken, Wheat Flour , Tomato Powder, Salt, Dextrose, 5 Spice, Onion Powder, Garlic Powder, Celery , Mustard
Chicken Nuggets 	Chicken, Wheat , Tapioca Starch, Palm Oil, Maize Starch, Salt, Sugar, Garlic Powder, Yeast Extract, Black Pepper, Dextrose, Paprika
Corn Cob	Sweet corn, Margarine (may contain Milk)
Coleslaw 	White Cabbage, Carrot, Mustard , Egg , Rapeseed Oil,
Barbeque 	Sugar, Tomato Paste, Mustard Seed Powder , Spirit Vinegar,



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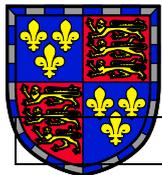
Sau

5 Spice Powder, Maltodextrin

TUESDAY LUNCH

BEEF LASAGNE WITH GARLIC SLICE (£3.80)

	INGREDIENTS
	Beef, Lasagne Durham Wheat , Carrot, Onion, Leek, Beef Stock, Vegetable Oil, Salt, Potato Starch, Flavourings, Maltodextrin, Yeast Extract, Sugar, Tomato, Mushrooms.
Sauce	Cheese, Milk, Flour, Margarine (may contain Milk)
Garlic Bread	Flour, Butter, Garlic



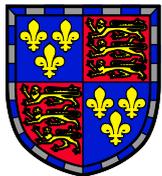
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TUESDAY LUNCH

SPICED BREAD PUDDING & CUSTARD (£1.05)

	INGREDIENTS
Pudding	Sliced White Bread (including Flour and Yeast), Mixed Peel, Sultanas, Currants, Demerara Sugar, Butter , Golden Syrup, Suet, Eggs , Mixed Spice
Custard	Milk , Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato))



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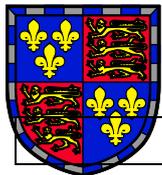
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TUESDAY DINNER

MEXICAN SPICY BEAN WRAP WITH GUACAMOLE (vegan) (£3.35)

	INGREDIENTS
Wrap	Wheat , Salt, Vegetable Oil.
Spicy Beans	Chick Peas, Haricot Beans, Kidney Beans, Black-Eyed Beans, Onions, Peppers, Tomatoes, Chilli, Garlic, Salt and Pepper, Tabasco Sauce
Guacamole	Avocado, Chilli Powder, Bell Pepper, Sugar, Onion, Garlic,



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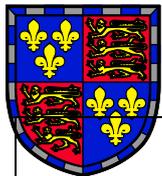
Coriander



TUESDAY LUNCH/DINNER

GOAT'S CHEESE & SUNDRIED TOMATO FILO PARCEL (vegetarian) (£3.35)

	INGREDIENTS
	Goats Cheese (Dairy/Milk) , Sundried Tomato, Vegetable Oil, Salt, Garlic, Oregano, Shallot, Cheddar
Filo Pastry	Wheat Flour , Water, Corn Starch, Glycerol, Salt, Potassium Sorbate, L-cystein
Tomato Chutney	Tomatoes, Onions, Apples, Sugar, Vinegar (Sulphur Dioxide) ,



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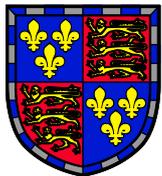
Raisins, **Mustard Seeds**, Salt, Spice, Sorbic Acid



TUESDAY DINNER

FILLET OF COD WITH SPINACH, LEMON & SAFFRAN CREAM (£3.80)

	INGREDIENTS
	Fish/Cod , Spinach, Onion, Salt, Pepper
Sauce	Garlic, Shallot, Lemon Zest & Juice, Saffron, Double Cream , Corn Flour



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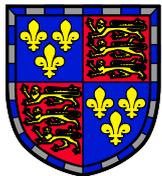
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TUESDAY DINNER

BBQ CHICKEN LEGS (£3.80)

	INGREDIENTS
	Chicken Legs, Salt & Pepper
BBQ Sauce	Sugar, Tomato Paste, Mustard Seed Powder , Spirit Vinegar, 5 Spice Powder, Maltodextrin,



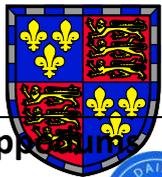
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TUESDAY DINNER

LAMB ROGAN JOSH WITH NAAN BREAD, POPPODUMS & MANGO CHUTNEY (£4.25)

	INGREDIENTS
	Lamb, Onion, Garlic, Tomato Puree, Peppers
Rogan Josh Paste	Vegetable Oil, Tomato Puree, Coriander, Paprika, Salt, Turmeric, Lemon Juice, Cumin, Onion Powder, Sugar, Acetic Acid, Black Pepper, Fenugreek, Garlic, Cinnamon, Cloves, Spices (contains Mustard)
Lamb Stock	Contains Celery Seeds
Mango Chutney	Sugar, Mangoes, Salt, Spices, Acetic Acid, may also contain Nuts & Sesame
Naan Bread	Wheat Flour , Raising Agent, Rapeseed Oil, Skimmed Milk Powder , Yeast, Salt, Kalonji Seeds



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Popovers

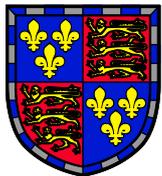


Lentil Flour, Salt, Raising Agent (Calcium Oxide), Rice Flour, Vegetable Oil, Black Pepper, Spices

TUESDAY DINNER

CHOCOLATE BROWNIE (£1.05)

	INGREDIENTS
Ingredients	Butter , Cocoa Powder, Sugar, Caster Sugar, Eggs , Self Raising Flour



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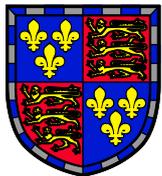
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WEDNESDAY LUNCH/DINNER

SWEET POTATO & CAULIFLOWER CURRY WITH MANGO CHUTNEY (vegan) (£3.35)

	INGREDIENTS
	Sweet Potatoes, Cauliflower, Onion, Garlic, Bell Peppers, Courgettes, Coriander, Ginger, Chilli
Mango Chutney	Sugar, Mangoes, Salt, Spices, Acetic Acid, may also contain Nuts & Sesame



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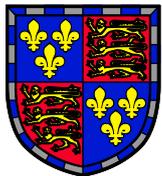
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WEDNESDAY LUNCH

WILD MUSHROOM & ONION CHEESE TART (vegetarian) (£3.35)

	INGREDIENTS
	Wild Mushrooms, Fresh Sliced Tomato, Garlic, Onion, Lime & Lemon Juice & Zest, Stilton Cheese, Cheddar Cheese, Salt & Pepper
Pastry	Flour, Marvello (Margarine)



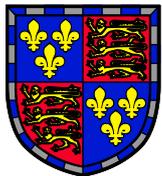
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WEDNESDAY LUNCH
SALMON COULIBIAC
(£4.25)

	INGREDIENTS
	Salmon, Celery, Egg, Rice, Onion, Caraway, Lemon Juice, Pease, Spinach, Mushroom
Puff Pastry	Wheat Flour, Margarine (may contain Milk)



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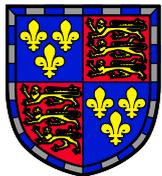
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WEDNESDAY LUNCH

ROSEMARY CHICKEN WITH TOMATO SAUCE (£3.80)

	INGREDIENTS
	Chicken, Olive Oil, Rosemary, Red Onion, Garlic, Tomatoes, Capers, Red Wine , Onion, Tomato Puree



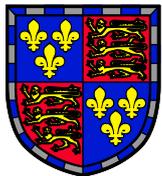
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WEDNESDAY LUNCH/DINNER

COTTAGE PIE (BEEF) (£3.80)

	INGREDIENTS
	Beef Mince, Olive Oil, Onions, Carrots, Celery Sticks , Garlic, Flour , Tomato Puree, Red Wine , Beef Stock, Thyme, Bay Leaves, Potatoes, Milk , Butter , Nutmeg



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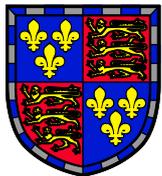
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WEDNESDAY LUNCH

ECCLES CAKE & CUSTARD

(£1.05)

	INGREDIENTS
Filling	Mixed Spice, Demerara Sugar, Currants, Sultanas, Butter, Egg, Milk
Puff Pastry	Wheat Flour, Margarine (may contain Milk)
Custard	Milk, Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato)



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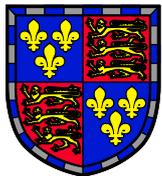
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WEDNESDAY LUNCH/DINNER

SWEET POTATO & CAULIFLOWER CURRY WITH MANGO CHUTNEY (vegan) (£3.35)

	INGREDIENTS
	Sweet Potatoes, Cauliflower, Onion, Garlic, Bell Peppers, Courgettes, Coriander, Ginger, Chilli
Mango Chutney	Sugar, Mangoes, Salt, Spices, Acetic Acid, may also contain Nuts & Sesame



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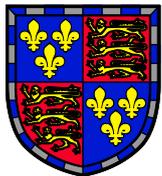
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WEDNESDAY DINNER

HOISIN VEGETABLE WRAPS (**vegetarian**) (£3.35)

	INGREDIENTS
	Soya Mince , Carrot, Spring Onion, Cucumber, Peppers, Wrap , Water Chestnuts
Hoisin Sauce	Sugar, Soya Bean Paste , Garlic, White Rice Vinegar, Spice Blend, Yeast Extract, Citric Acid



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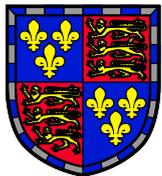
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WEDNESDAY DINNER

SMOKED HADDOCK WITH KORMA SAUCE (£3.40) + POACHED FREE RANGE EGG (£0.33)

	INGREDIENTS
	Fish, Egg, Sulphites, Barley (Gluten), Salt
Korma Sauce	Desiccated Coconuts, Mustard Powder , Rapeseed Oil, Tomato Puree, Spices. May contain Nuts and Peanuts



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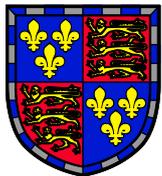


WEDNESDAY DINNER

KATIE'S CHICKEN JAMBALAYA

(£3.80)

	INGREDIENTS
	<p>Chicken, Onion, Garlic, Turmeric, Smoked Paprika, Rice, Chicken Stock, Tomatoes, Peas</p>



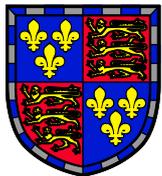
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WEDNESDAY LUNCH/DINNER

COTTAGE PIE (BEEF) (£3.80)

	INGREDIENTS
	Beef Mince, Olive Oil, Onions, Carrots, Celery Sticks , Garlic, Flour , Tomato Puree, Red Wine , Beef Stock, Thyme, Bay Leaves, Potatoes, Milk , Butter , Nutmeg



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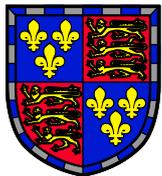
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WEDNESDAY DINNER

APPLE & TOFFEE CRUMBLE PIE

(£1.05)

	INGREDIENTS
	Crumble Mix, Basic Sweet Pastry, Apples, Sugar, Butter, Cream
Crumble	Demerara Sugar, Butter, Sugar, Plain Flour, Granulated Sugar
Basic Sweet Pastry	Sugar, Plain Flour, Marvello, Water



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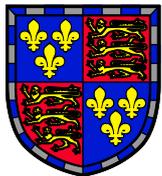
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THURSDAY LUNCH

BAKED POTATO WITH MIXED-BEAN CHILLI & VEGAN CHEESE (vegan) (£3.35)

	INGREDIENTS
	Potato, , Onions, Garlic, Tomato, Bell Pepper, Cannellini Beans, Kidney Beans, Butter Beans, Borlotti Beans, Chilli Powder, Cumin



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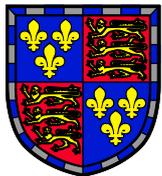


THURSDAY LUNCH

MACARONI CHEESE (vegetarian)

(£3.35)

	INGREDIENTS
	Durum Wheat Semolina, Salt, Water
Cheese Sauce	Milk, Flour, Butter, Cheddar Cheese, Salt & Pepper, Mustard



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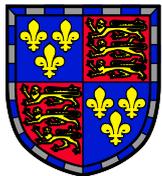
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THURSDAY LUNCH

SALMON WITH GARLIC & LEMON BUTTER SAUCE (£3.80)

	INGREDIENTS
	<p>Salmon, Salt & Pepper, Olive Oil, Garlic, Chicken Broth, Lemon Juice, Butter, Honey, Parsley</p>



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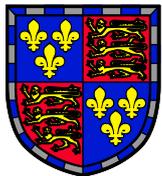
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THURSDAY LUNCH

SMOKED PAPRIKA RUBBED ROAST TURKEY WITH FAJITA SPICED PEPPERS, ONION & LIGHT GRAVY (£4.25)

	INGREDIENTS
	Turkey Breast, Smoked Paprika, Salt & Pepper, Mixed Peppers, Onions, Coriander, Black & Green Olives
Fajita	Chilli Powder, Salt, Onion, Sugar, Cumin, Garlic, Oregano, Cinnamon



UPPER HALL

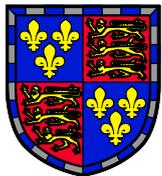
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THURSDAY LUNCH

SWEET & SOUR STICKY PORK RIBS (£3.80)

	INGREDIENTS
	Pork Ribs, Tomato Ketchup, Soya Sauce , Honey, Ginger, Garlic, Sherry , Star Anise, Rosemary, Red Wine Vinegar , Sweet Chilli Sauce



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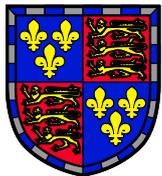
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THURSDAY LUNCH

LEMON MERINGUE PIE

(£1.05)

	INGREDIENTS
Sweet Pastry	Wheat Flour, Margarine (may contain Milk), Sugar
Meringue	Egg White, Maize Starch, Sugar, Tartaric Acid, Lactic Acid,
Lemon Curd	Sugar, Glucose-Fructose Syrup, Palm Oil, Lemon Juice from Concentrate (3%), Cornflour, Whole Dried Egg, Pectin, Citric Acid, Salt, Lemon Oil, Sodium Citrates, Ascorbic Acid, Beta Carotene



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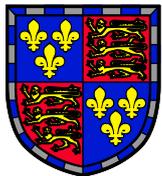


THURSDAY DINNER

CHESTNUT, MUSHROOM & SHALLOT PIE

(vegan) (£3.35)

	INGREDIENTS
	Chestnuts (Nuts), Mushroom, Shallots, Bay Leaf, Rosemary, Red Wine (Sulphides), Marmite (Barley, Celery, Yeast)
Vegetable Stock	Dextrose, Salt, Dried Vegetables (onion, leek, carrots), Yeast Extracts, Sunflower Oil, Spices, Flavourings
Puff Pastry	Wheat Flour, Vegetable Margarine, Salt, Emulsifier



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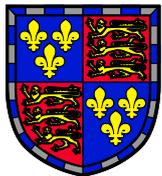
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THURSDAY DINNER

MEDITERRANEAN VEGETABLE MOUSSAKA (vegetarian) (£3.35)

	INGREDIENTS
	Aubergine, Courgette, Bell Peppers, Tomato, Tomato Puree, Garlic, Onion, Potatoes, Herbs, Cornflour, Vegetable Stock, Bread Crumbs, Wheat, Yeast
Cheese Sauce	Cheese, Milk, Wheat Flour, Margarine (may contain Milk), Salt, Pepper, Potato Starch, Parsley



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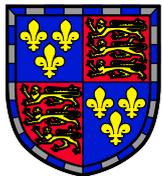
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THURSDAY DINNER

PLAICE GOUJONS WITH TARTAR SAUCE & LEMON WEDGE (£3.80)

	INGREDIENTS
	Plaice (Fish), Breadcrumbs, Egg
Breadcrumbs	Contains Wheat and Yeast
Tartar Sauce	Onions, Capers, Baby Gherkins (Barley Malt Vinegar, Sulphites), Mayonnaise (including Rapeseed Oil, Eggs, Mustard Flour), Spirit Vinegar, Maize Starch, Mustard, Sulphur Dioxide.



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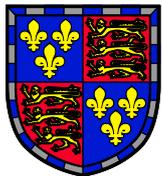
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THURSDAY DINNER

CHICKEN FILLET WITH RED THAI CURRY SAUCE (£3.80)

	INGREDIENTS
	Chicken, Shallot, Garlic, Red Chillies, Coriander, Lime, Cumin Coconut Milk, Paprika, Sugar, Salt & Pepper, Vegetable Oil



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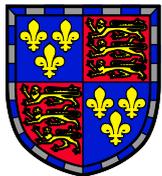
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THURSDAY DINNER

CHUNKY CHILLI BEEF WITH CRÈME FRAÎCHE & CORN TORTILLAS (£3.80)

	INGREDIENTS
	Beef, Onion, Garlic, Green Peppers, Kidney Beans, Spring Onion, Cumin, Chilli Powder, Chilli Flakes, Salt & Pepper
Garnish	Crème Fraîche (Milk), Spring Onion
Corn Tortillas	Corn Flour, Sunflower Oil, Salt

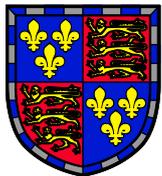


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THURSDAY DINNER JAM DONUTS (£1.05)

	INGREDIENTS
	Yeast, Milk , Sugar, Salt, Eggs , Margarine (may contain Milk) , Flour , Mixed Fruit Jam



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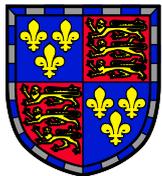
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FRIDAY LUNCH

BUTTERNUT SQUASH WITH KALE & KIDNEY BEANS (vegan) (£3.35)

	INGREDIENTS
	<p>Butternut Squash, Arborio Rice, Oil, Onion, Garlic, Courgette, Swede, Carrots, Mixed Herbs, Vegetable Stock, Sundried Tomato, Red Kidney Beans, Kale</p>



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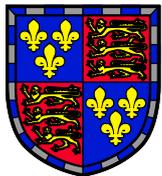
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FRIDAY LUNCH

CHERRY TOMATO, OLIVES, FETA CHEESE & SPINACH PIZZA (£3.35)

	INGREDIENTS
Crust	Wheat Flour , Salt, Yeast, Sugar, Olive Oil
Topping	Olive Oil, Garlic, Onion, Spinach, Salt & Pepper, Nutmeg, Feta Cheese, Mozzarella , Cherry Tomato



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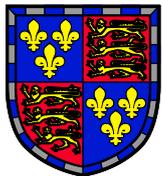
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FRIDAY LUNCH/DINNER

FRESH FILLET OF FISH WITH TARTAR SAUCE (£3.80)

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



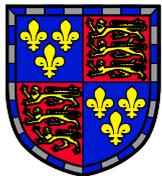
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FRIDAY LUNCH

SPICY CHICKEN & BLUE CHEESE BAP (£3.80)

	INGREDIENTS
	Chicken Breast, Garlic, Parsley, Lemon Juice, Salt & Pepper, Blue Cheese , Lettuce, Tomato, Red Onion
Franks Hot Sauce	Chilli Peppers, Distilled Vinegar, Garlic, Water, Salt
	Bap (Gluten) ,



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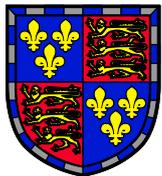
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FRIDAY LUNCH

ROAST BEEF WITH YORKSHIRE PUDDING & HORSERADISH SAUCE (£4.25)

	INGREDIENTS
  Beef	
Yorkshire Pudding	Milk, Flour, Eggs
  Gravy	Beef Stock, Vegetable Oil, Salt, Potato Starch, Flavourings, Maltodextrin, Yeast Extract, Beef Extract, Sugar, Celery Seeds.
  Horseradish Sauce	Spirit Vinegar, Horseradish, Turnip, Rapeseed Oil, Water, Glucose, Fructose Syrup, Sugar, Flavourings, Salt, Pasteurised Egg Yolk Powder , Xanthan Gum, Mustard Flour , Sodium Metabisulfite (Sulphites)



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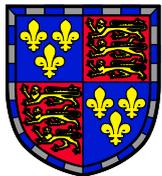
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FRIDAY LUNCH

PEAR CRUMBLE & CUSTARD

(£1.05)

	INGREDIENTS
	Pear Halves
Topping	Demerara Sugar, Butter , Sugar, Plain Flour , Granulated Sugar
Custard	Milk , Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato))



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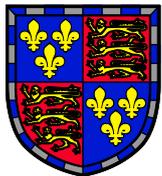
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FRIDAY DINNER

STIR FRIED VEGETABLES WITH BEAN SPROUTS & WILD RICE (vegan) (£3.35)

	INGREDIENTS
Ingredients	Red Pepper, Green Pepper, Orange Pepper, Onions, Garlic, Baby Corn Cobs, Mange Tout, Carrots, Pak Choi, Ginger, Chilli, Coriander, Salt, Pepper,
	Sweet Chilli Sauce
	Vegetable Oil, Cornflour, Bean Sprouts, Rice, Wild Rice



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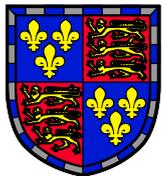
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FRIDAY DINNER

QUORN PRIMAVERA IN TARRGAON & TOMATO CREAM (vegetarian) (£3.35)

	INGREDIENTS
	Quorn (Mycoprotein, Egg White , Calcium Chloride, Calcium Acetate), Carrot, Green Bean, Broccoli, Courgette, Peas, Sweetcorn, Onion, Garlic, Tarragon, Tomato Puree, Double Cream , Corn Flour



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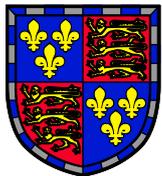
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FRIDAY LUNCH/DINNER

FRESH FILLET OF FISH WITH TARTAR SAUCE (£3.80)

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



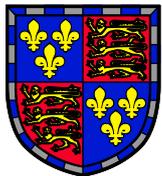
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FRIDAY LUNCH

SUPREME OF CHICKEN KIEV (£3.80)

	INGREDIENTS
	Chicken Supreme, Garlic, Butter
Coating	Breadcrumbs, Flour, Eggs, Parsley, Salt & Pepper, Milk



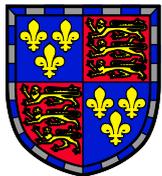
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FRIDAY DINNER

4CHEESE RAVIOLI WITH TOMATO & BACON SAUCE (£3.35)

	INGREDIENTS
Ravioli	Wheat Flour, Eggs, Milk.
Sauce	Tomato, Bacon, Onions, Garlic, Vegetable Oil, Oragano, Basil



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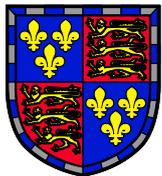
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FRIDAY DINNER

ROCKY ROAD CHEESECAKE

(£1.05)

	INGREDIENTS
Cheesecake	Vanilla, Cream Cheese, Milk , Sugar, Cream, Plain Flour, Butter , Leaf Gelatine (Pork)
Fudge	Sugar, Milk, Butter , Salt, Soya
Marshmallow	Pork Gelatine, Sugar, Corn Starch, Dextrose, Colour



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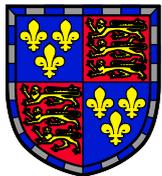
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SATURDAY DINNER

FALAFEL BURGERS WITH SALAD, PITTA BREAD & SALSA (vegan) (£3.35)

	INGREDIENTS
Falafel Burger	Chick Peas, Garlic, Parsley, Cumin, Coriander, Chilli Powder, Salt, Pepper, Vegetable Oil, Flour , Onions
Salad	Lettuce, Tomato, Cucumber, Red Onion
Pitta Bread	Wheat Flour , Yeast, Salt, Preservative
Salsa	Tomatoes, Onions, Green Peppers, Tomato Paste, Salt, Vinegar (Sulphites) , Onion Flakes, Sugar, Onion Powder, Lemon Juice, Garlic Powder, Spices, Citric Acid



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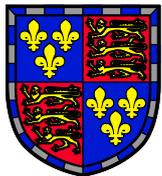


SATURDAY DINNER

WILD MUSHROOM CREPES (vegetarian)

(£3.35)

	INGREDIENTS
Filling	Mushroom, Onion, Garlic, Parsley, Leeks, Vegetable Stock, Wheat Flour, Cream, Milk , Salt & Pepper
Crepes	Wheat Flour, Eggs, Milk, Butter , Vegetable Oil



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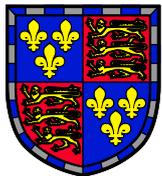
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SATURDAY DINNER

SALMON KEDGEREE WITH MILD KORMA SAUCE (£4.25)

	INGREDIENTS
	Salmon, Egg, Rice, Butter, Onion, Salt, Pepper, Parsley, Turmeric
Korma Sauce	Desiccated Coconuts, Mustard Powder , Rapeseed Oil, Tomato Puree, Spices. May contain Nuts and Peanuts



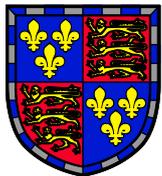
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SATURDAY DINNER

TURKEY, LEEK & HAM PIE WITH POTATO & BOILED EGG (£3.80)

	INGREDIENTS
	Turkey, Ham, Mushrooms, Tarragon, Thyme, Salt & Pepper, Boiled Egg, Parmesan Cheese , Onion, Carrots, Leeks, Double Cream , Chicken Stock,
Puff Pastry	Wheat Flour, Margarine (may contain Milk)



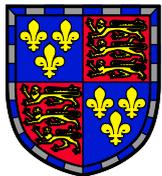
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SATURDAY DINNER

MEATBALLS IN TOMATO & BASIL SAUCE WITH SPAGHETTI & PARMESAN CHEESE (£3.60)

	INGREDIENTS
Meat Balls	Minced Beef, Bread Crumbs (Wheat), Egg , Yeast Onion, Salt, Pepper, Mixed Herbs, Mustard, Soya, Sulphites
Vegetable Stock	Dextrose, Salt, Dried Vegetables (onion, leek, carrot), Yeast Extracts, Sunflower oil, Spices, Flavouring, Herb
Tomato Sauce	Margarine (may contain Milk), Flour , Onions, Carrots, Leeks, Celery , Tomato Puree, Tomatoes, Basil, Garlic,
Spaghetti	Wheat Flour
	Parmesan Cheese (Milk)



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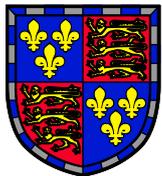


SATURDAY DINNER

APPLE PIE

(£1.00)

	INGREDIENTS
	Basic Sweet Pastry (Flour), Apples, Sugar, Eggs



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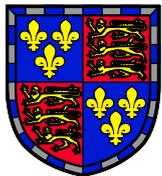
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SUNDAY DINNER

OYSTER MUSHROOM RISOTTO WITH SWEET POTATO CRISPS (vegan) (£3.35)

	INGREDIENTS
	Oyster Mushrooms, Onion, Garlic, Vegetable Stock, Mixed Rice, Button Mushrooms, Sweet Potato Crisp



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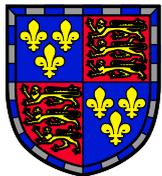
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SUNDAY DINNER

LEEK, MUSHROOM & COURGETTE PASTA CARBONARA (vegetarian) (£3.35)

	INGREDIENTS
	Leek, Mushrooms, Courgettes, Onion, Garlic.
Pasta	Wheat Flour
Sauce	Cream, Milk, Wheat Flour, Margarine (may contain Milk), Salt, Pepper, Parsley, Vegetable Stock



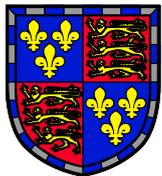
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SUNDAY DINNER

CALAMARI RINGS WITH GARLIC & LEMON MAYO (£3.80)

	INGREDIENTS
	Calamari Squid, Molluscs, Wheat Flour, Salt, Antioxidants, Raising Agents, Potato Starch, Lemon Juice, Milk, Sea Salt, Sunflower Oil, Yeast, Garlic Powder, Colour, Thickener
Mayonnaise	Rapeseed Oil, Water, Egg Yolk, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabilisers (Guar and Xantham Gum), Mustard Flour



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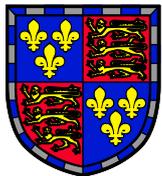
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SUNDAY DINNER

ROAST CHICKEN WITH WHOLE GRAIN MUSTARD JUS (£3.80)

	INGREDIENTS
	Chicken, Mustard
Gravy	Chicken Stock , Sugar, Sunflower Oil, Spices, Corn Flour,



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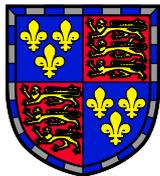


SUNDAY DINNER

ROAST BACON LOIN (£3.40)

+ A FREE RANGE FRIED EGG (£0.33)

	INGREDIENTS
	Bacon, Egg , Salt, Vegetable Oil
Gravy	Chicken Stock , Sugar, Sunflower Oil, Spices, Corn Flour,



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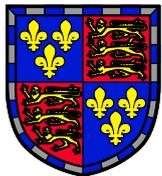
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SUNDAY DINNER

CHOCOLATE FUDGE GATEAU

(£1.05)

	INGREDIENTS
	<p>Wheat Flour, Rapeseed Oil, Cocoa Powder, Palm Oil, Eggs, Buttermilk, Soya, Sugar</p>
<p>MAY CONTAIN TRACES OF PEANUTS & NUTS</p>	



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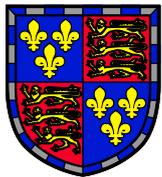
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LUNCH

ALLERGY FOLDERS

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KITCHEN



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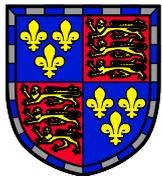
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DINNER

ALLERGY FOLDERS

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KITCHEN



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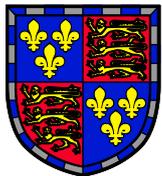
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LUNCH

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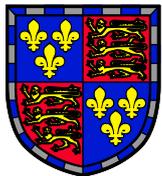
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DINNER

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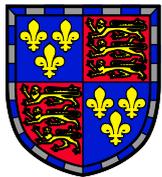
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VEGETABLES

LUNCH

TUESDAY	Creamed Potatoes	DAIRY
THURSDAY	Egg Fried Rice	EGGS

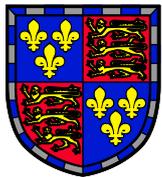


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VEGETABLES DINNER

THURSDAY	Spiral Fries	GLUTEN
FRIDAY	Garlic Mash Potatoes	DAIRY
SATURDAY	Spaghetti	GLUTEN



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WEEK 2, 5, 8

Under any circumstances
DO NOT CHANGE
ingredients without
discussing it with the
Head Chef a week in
advance