

UPPER HALL

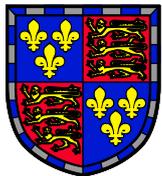
WEEK 3, 6, 9



MONDAY LUNCH

AUBERGINE MISO WITH COUS COUS (vegan) (£3.35)

	INGREDIENTS
	Aubergines, Salt & Pepper
Miso	Water, Soya Beans , Rice, Salt, Alcohol
	Giant Cous Cous (Gluten) , Mixed Herbs



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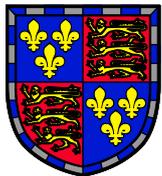
WEEK 3, 6, 9



MONDAY LUNCH

QUORN TIKKA MASALA WITH ONION BHAJI **(vegetarian) (£3.35)**

	INGREDIENTS
Tikka Masala Paste	Desiccated Coconut, Vegetable Oil, Tomato Puree, Lemon Juice, Coriander, Turmeric, Sugar, Dried Onion, Ginger, Salt, Maize Starch, Acetic Acid, Spices, including Mustard , Garlic, Lactic Acid, Dried Coriander Leaf, Paprika Extract, Cornflour
Quorn	Quorn, Egg , Onion, Ginger, Garlic, Bell Pepper, Coriander, Cumin, Turmeric. Chilli, Tomato Puree, Coconut Milk
Onion Bhaji	Gram Flour (Cornmeal Flour), Chilli Powder, Turmeric, Baking Powder, Cumin, Celery Salt , Black Onion Seeds, Onions.



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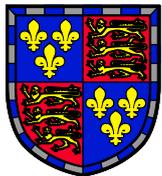
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MONDAY LUNCH

PLAICE WITH CHIVE BUTTER & LEMON (£3.80)

	INGREDIENTS
	Plaice Fillets , Salt & Pepper, Cornmeal, Butter , Chives, Lemon



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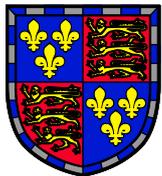
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MONDAY LUNCH/DINNER

CHICKEN STROGANOFF (£3.80)

	INGREDIENTS
	Chicken, Mixed Mushrooms, Butter , Olive Oil, Onion, Salt & Pepper, Sweet Paprika, White Wine , Tomato Paste, Chicken Stock, Sour Cream , Double Cream , Dijon Mustard , Dill, Parsley



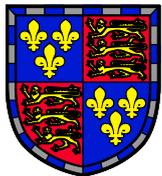
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MONDAY LUNCH

CHOCOLATE SPONGE WITH CHOCOLATE SAUCE
(£1.05)

	INGREDIENTS
Sponge	Cake Flour, Caster Sugar, Baking Powder, Milk Powder, Margarine (may contain Milk), Egg, Cocoa Powder
Chocolate Sauce	Milk Chocolate, Cream, Butter, Cocoa, Sugar, Golden Syrup



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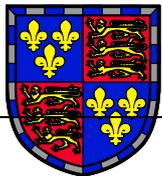


MONDAY DINNER

CHINESE VEGETABLE STIR FRY WITH PANCAKE ROLL & SWEET & SOUR SAUCE

(vegan) (£3.35) (4/portion)

	INGREDIENTS
Vegetable Stir-Fry	Red, Green and Orange Bell Peppers, Onion, Garlic, Baby Corn Cobs, Mange Tout, Carrots, Pak Choi, Ginger, Chilli, Coriander, Salt, Pepper, Soya Sauce (Soya, Wheat) , Vegetable Oil, Cornflour, Bean Sprouts
Mini Pancake Rolls	Cabbage, Carrot, Onion, Wheat Flour , Green Pepper, Palm Oil, Sweet Corn, Red Pepper, Salt, Soya Bean Oil , Green Chilli, Ginger, Garlic, Soy Sauce (Soya and Wheat) , Salt, Pepper, Nutmeg, Star Anise
Sweet & Sour Sauce	Sugar, Tomato Puree, Spirit Vinegar, Pineapple, Light Soy Sauce (Soya, Wheat) , Soya Beans, Wheat , Salt, Sugar, Maize Starch,



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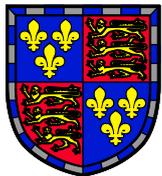
Vegetable Oil, Garlic, Ginger, Onion Powder



MONDAY DINNER

MEXICAN 3 BEAN CHILLI LASAGNE WITH CRISPY TORTILLA CRUST (vegetarian) (£3.35)

	INGREDIENTS
	Kidney Beans, Butter Beans, Borlotti Beans, Onions, Green Peppers, Tomatoes, Tomato Puree, Oregano, Cumin, Chilli Powder, Vegetable Stock, Salt & Pepper
Tortilla Crust	Corn, Salt, Water
Lasagne	Durum Wheat, Semolina, Water
White Sauce	Butter, Milk, Flour, Cheese



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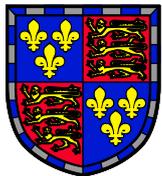


MONDAY DINNER

FILLET OF RAINBOW TROUT WITH CAPERS & LEMON

(£3.80)

	INGREDIENTS
	Trout (Fish) , Lemon, Parsley, Dill, Salt, Pepper, Capers, Vegetable Oil



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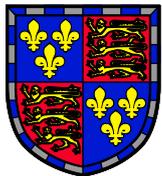
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MONDAY LUNCH/DINNER

CHICKEN STROGANOFF (£3.80)

	INGREDIENTS
	Chicken, Mixed Mushrooms, Butter , Olive Oil, Onion, Salt & Pepper, Sweet Paprika, White Wine , Tomato Paste, Chicken Stock, Sour Cream , Dijon Mustard , Dill, Parsley



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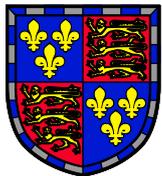


MONDAY DINNER

CRÈME BRULÉE

(£1.05)

	INGREDIENTS
	Cream, Sugar, Eggs, Vanilla



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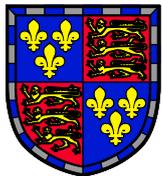


TUESDAY LUNCH/DINNER

VEGETABLE BIRIYANI WITH CARROT SALAD

(vegan) (£3.35)

	INGREDIENTS
Biriyani	Rice, Vegetable Oil, Cauliflower, Potatoes, Red Lentils, French Beans, Peas, Coriander, Cashew Nuts , Onion, Ginger, Garlic, Cloves, Curry Powder, Cumin, Vegetable Oil, Green Chilli
Carrot Salad	Carrots, Sugar, Lemon Juice, Cashew Nuts , Coriander, Ginger, Cumin Seeds



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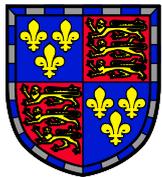


TUESDAY LUNCH/DINNER

TUNA STEAK NIÇOISE

(£3.80)

	INGREDIENTS
	<p>Tuna (Fish), Olive Oil, Black Olives, Capers, Gherkins (Barley Malt Vinegar, Sulphites), Bell Peppers, Garlic, Salt, Pepper, Lemon, Parsley, Tomatoes</p>



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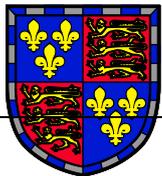
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TUESDAY LUNCH

TEX-MEX TABLE (£3.80)

	INGREDIENTS
Tortilla Wraps 	Wheat , Salt and Vegetable Oil.
Fajita Spiced Chicken & Bacon  	Chicken, Onions, Bell Peppers, Onion Powder, Chilli Powder, Cinnamon, Nutmeg, Salt, Sugar, Cumin, Cayenne, Oregano, Coriander, Lime & Lemon Juice, Bacon
Refried Beans   	Heinz Beans: Beans, Tomatoes, Sugar, Cornflour, Spirit Vinegar, Herbs, Onion, Cumin, Salt & Pepper
	Sour Cream (Milk) , Cheese (Milk)
Tomato Salsa  	Tomatoes, Onion, Bell Peppers, Sugar, Guajillo Pepper, Salt, Garlic, Corn Starch, Citric Acid
Guacamole  	Avocado, Jalapeno (Sulphites) , Bell Pepper, Sugar, Onion, Garlic, Coriander,



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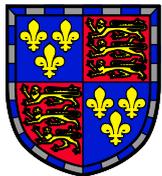
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Sodium Alginate, Ascorbic & Citric Acid, Xanthan Gum, Salt & Pepper

TUESDAY LUNCH/DINNER

BEEF PASTITSIO (£3.80)

	INGREDIENTS
Base/Macaroni	Wheat Flour, Feta Cheese
Meat Sauce	Beef, Onion, Garlic, Tomatoes, Tomato Purée, Sugar, Red Wine (Sulphites), Bay Leaf, Cinnamon Stick, Cloves, Olive Oil, Salt and Black Pepper
Beef Stock	Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil
Béchamel Sauce	Flour, Margarine (may contain Milk), Milk, Cheese, Nutmeg, Salt & Pepper



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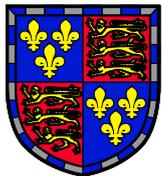
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TUESDAY LUNCH

DUTCH APPLE PIE & CUSTARD

(£1.05)

	INGREDIENTS
	Apples, Dry Apple Mix, Sultanas, Ground Nutmeg, Dem Sugar, Eggs
Custard	Milk , Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato)).
Basic Sweet Pastry 	Sugar, Plain Flour , Marvello, Water



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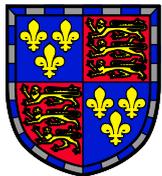


TUESDAY LUNCH/DINNER

VEGETABLE BIRIYANI WITH CARROT SALAD

(vegan) (£3.35)

	INGREDIENTS
Biriyani	Rice, Vegetable Oil, Cauliflower, Potatoes, Red Lentils, French Beans, Peas, Coriander, Cashew Nuts , Onion, Ginger, Garlic, Cloves, Curry Powder, Cumin, Vegetable Oil, Green Chilli
Carrot Salad	Carrots, Sugar, Lemon Juice, Cashew Nuts , Coriander, Ginger, Cumin Seeds



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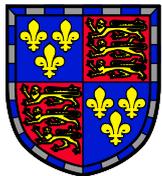
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TUESDAY DINNER

MOZZARELLA STICKS & JALAPENO PEPPERS WITH TOMATO SAUCE (**vegetarian**) (£3.35)

	INGREDIENTS
	Mozzarella Cheese, Wheat Flour, Milk, Jalapeno Peppers



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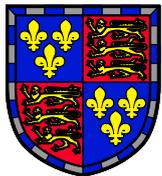


TUESDAY LUNCH/DINNER

TUNA STEAK NIÇOISE

(£3.80)

	INGREDIENTS
	<p>Tuna (Fish), Olive Oil, Black Olives, Capers, Gherkins (Barley Malt Vinegar, Sulphites), Bell Peppers, Garlic, Salt, Pepper, Lemon, Parsley, Tomatoes</p>



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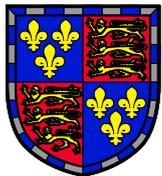
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TUESDAY DINNER

GRILLED CHICKEN WITH SWEETCORN SALSA (£3.80)

	INGREDIENTS
Ingredients	Chicken, Herbs, Oil
Salsa	Sweetcorn, Onions, Garlic, Chillies, Tomato, Bell Pepper, Jalapenos, Coriander, Lime, Olive Oil



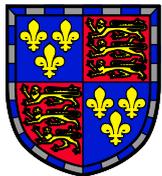
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TUESDAY LUNCH/DINNER

BEEF PASTITSIO (£3.80)

	INGREDIENTS
Base/Macaroni	Wheat Flour, Feta Cheese
Meat Sauce	Beef, Onion, Garlic, Tomatoes, Tomato Purée, Sugar, Red Wine (Sulphites), Bay Leaf, Cinnamon Stick, Cloves, Olive Oil, Salt and Black Pepper
Beef Stock	Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil
Béchamel Sauce	Flour, Margarine (may contain Milk), Milk, Cheese, Nutmeg, Salt & Pepper



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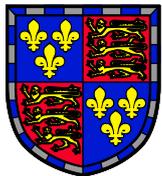
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TUESDAY DINNER

VICTORIA SPONGE

(£1.05)

	INGREDIENTS
Sponge	Cake Flour , Baking Powder, Milk Powder , Eggs, Margarine (may contain Milk), Sugar
Jam	Apple, Plum, Apricot, Sugar, Pectin, Citric Acid, Sodium Citrate



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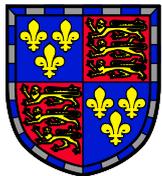


WEDNESDAY LUNCH/DINNER

ITALIAN BEAN RAGOUT WITH TOASTED CIABATTA

(vegan) (£3.35)

	INGREDIENTS
	Cannellini Beans, Butter Beans, Sunblushed Tomato, Parsley, Peppers, Onion, Garlic, Lemon Juice & Zest, Basil, Fresh Tomato, Rosemary, Olive Oil, Salt & Pepper
Ciabatta	Wheat Flour , Water, Yeast, Salt



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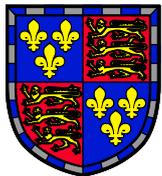
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WEDNESDAY LUNCH

4CHEESE RAVIOLI WITH TOMATO & BASIL SAUCE, GARLIC BREAD & PARMESAN CHEESE (vegetarian) (£3.35)

	INGREDIENTS
Ravioli	Wheat Flour, Eggs, Milk.
Tomato Sauce	Onion, Garlic, Basil, Tomato, Tomato Puree, Black Olives
Parmesan Cheese	Milk, Salt, Microbial Rennet



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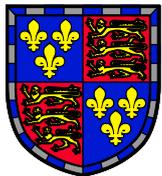
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WEDNESDAY LUNCH/DINNER

HADDOCK FILLET STUFFED WITH SALMON & ASPARAGUS (£3.80)

	INGREDIENTS
	Haddock Fillet , Salt & Pepper
Mousse	Salmon, Double Cream, Eggs , Salt & Pepper, Lemon Juice, Asparagus
Hollandaise Sauce	Butter, Egg Yolk , Dill, Lemon Juice, Salt & Pepper



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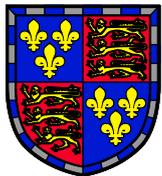
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WEDNESDAY LUNCH/DINNER

HONEY & MUSTARD GLAZE CHICKEN BREAST (£3.80)

	INGREDIENTS
	Chicken, Vegetable Oil, Salt & Pepper, Tarragon
Honey Mustard	Honey, Dijon Mustard , Mayonnaise (Egg, Mustard Flour , Corn Starch)
Garnish	Gherkin Slices, Tomato, Red Onion



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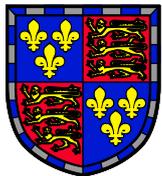
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WEDNESDAY LUNCH

ROAST LEG OF LAMB WITH STUFFING & MINT SAUCE (£4.25)

	INGREDIENTS
	Leg of Lamb, Oil, Salt and Pepper
Stuffing	Wheat Bread Crumbs , Yeast, Herbs, Vegetable Oil
Mint Sauce	Mint, Spirit Vinegar, Malt, Salt, Acetic Acid, Colour, Copper Chlorophyll
Gravy	Lamb Bouillon (Celery) , Vegetable Oil, Potato Starch, Salt, Maltodextrin, Yeast Extract, Sugar, Flavourings, Lamb, Onion Powder, Spices, Garlic, Pepper, Paprika, Turmeric, Rosemary, Celery Seeds



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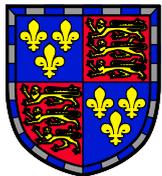
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WEDNESDAY LUNCH

RHUBARB CRUMBLE & CUSTARD

(£1.05)

	INGREDIENTS
Crumble	Rhubarb, Plain Flour , Granulated Sugar, Butter , Demerara Sugar
Custard	Milk , Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato)).



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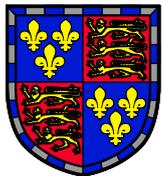


WEDNESDAY LUNCH/DINNER

ITALIAN BEAN RAGOUT WITH TOASTED CIABATTA

(vegan) (£3.35)

	INGREDIENTS
	Cannellini Beans, Butter Beans, Sunblushed Tomato, Parsley, Peppers, Onion, Garlic, Lemon Juice & Zest, Basil, Fresh Tomato, Rosemary, Olive Oil, Salt & Pepper
Ciabatta	Wheat Flour, Water, Yeast, Salt



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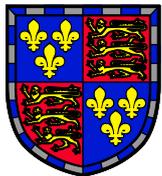
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WEDNESDAY DINNER

ARTICHOKE, SPINACH & RICOTTA TART (vegetarian) (£3.35)

	INGREDIENTS
	Artichoke, Spinach, Garlic, Lemon Juice, Ricotta Cheese (Milk), Egg, Salt & Pepper
Tart	Wheat Flour, Butter, Salt, Water, Black Pepper



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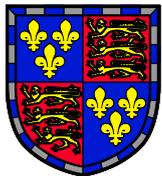
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WEDNESDAY LUNCH/DINNER

HADDOCK FILLET STUFFED WITH SALMON & ASPARAGUS (£3.80)

	INGREDIENTS
	Haddock Fillet , Salt & Pepper
Mousse	Salmon, Double Cream, Eggs , Salt & Pepper, Lemon Juice, Asparagus
Hollandaise Sauce	Butter, Egg Yolk , Dill, Lemon Juice, Salt & Pepper



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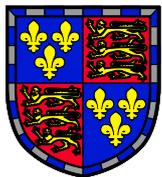
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WEDNESDAY LUNCH/DINNER

HONEY & MUSTARD GLAZE CHICKEN BREAST (£3.80)

	INGREDIENTS
	Chicken, Vegetable Oil, Salt & Pepper, Tarragon
Honey Mustard	Honey, Dijon Mustard, Mayonnaise (Egg, Mustard Flour, Corn Starch)
Garnish	Gherkin Slices, Tomato, Red Onion



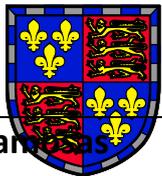
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WEDNESDAY DINNER

BEEF MADRAS WITH VEGETABLE SAMOSAS, NAAN BREAD & MANGO CHUTNEY (£4.25)

	INGREDIENTS
 	Beef, Onion, Garlic, Tomato Puree, Peppers
Beef Stock  	Dextrose, Salt, Yeast Extracts, natural Flavouring, Sugar, Sunflower Oil
Madras Paste  	Vegetable Oil, Coriander, Cumin, Turmeric, Chilli, Salt, Maize Flour, Ginger, Tamarind, Acetic Acid, Spices, including Mustard , Garlic Powder, Citric Acid, Lactic Acid, Cornflour.
Naan Bread	Wheat Flour , Rapeseed Oil, Milk Powder , Yeast, Salt, Kalonji Seeds, Raising Agent
Mango Chutney  	Sugar, Mangoes, Salt, Spices, Acetic Acid, May also contain Nuts & Sesame
Vegetable 	Potato, Wheat Flour , Palm Oil, Onion, Carrot, Peas, Salt, Cottonseed



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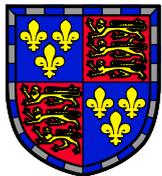
Sambas	Oil, Green Chilli, Coriander, Garam Masala, Lemon Juice, Cumin, Ginger, Garlic and Turmeric
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WEDNESDAY DINNER

CHOCOLATE ÉCLAIRS

(£1.05)

	INGREDIENTS
	Wheat Flour, Eggs, Butter, Soya, Cacao,
Filling	Cream, Vanilla



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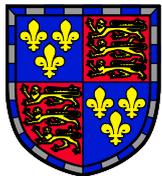
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THURSDAY LUNCH/DINNER

COCONUT DAHL WITH ROASTED AUBERGINES & VEGETARIAN SAMOSAS (vegan) (£3.35)

	INGREDIENTS
Ingredients	Coconut Milk, Aubergines, Cumin Seeds, Olive Oil, Red Lentils, Turmeric, Onion, Garlic, Curry Powder, Coriander
Samosas	Wheat (Gluten) , Potato, Onion, Carrot, Peas, Salt, Chilli, Coriander, Garam Masala (Spice)



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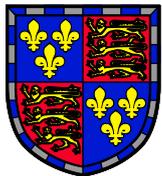
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THURSDAY LUNCH/DINNER

WILD MUSHROOM & MOZZARELLA PIZZA WITH RED PEPPERS, ONIONS & COLESLAW (vegetarian) (£3.35)

	INGREDIENTS
Topping	Mushrooms, Mozzarella , Milk , Tomatoes, Onion, Garlic, Red Peppers, Basil, Tomato Puree, Oregano, Olive Oil, Parsley
Base	Wheat Flour , Yeast, Salt
Coleslaw	White Cabbage, Onions, Carrot, Mustard , Rapeseed Oil, Eggs , Milk .



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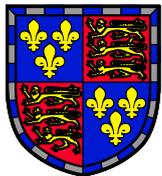
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THURSDAY LUNCH

HAKE SUPREME ON CHORIZO WITH BEANS (£3.80)

	INGREDIENTS
	<p>Hake(Fish), Chorizo (contains Pork), Salt, Paprika, Garlic, Nutmeg, Oregano, Antioxidants and Preservatives, Cannellini Beans, Salt, Ascorbic Acid, Antioxidant, Onions, Celery, Carrot, Swede, Courgette, Salt, Pepper, Parsley, Vegetable Stock</p>



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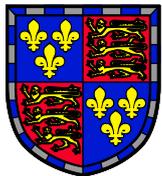


THURSDAY LUNCH/DINNER

ASPARAGUS STUFFED CHICKEN BREAST

(£3.80)

	INGREDIENTS
	Chicken Breast, Lemon Zest, Salt & Pepper, Asparagus, Mozzarella Cheese , Garlic, Paprika, Olive Oil



UPPER HALL

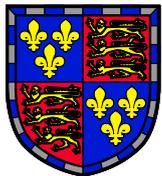
WEEK 3, 6, 9



THURSDAY LUNCH

BUILD YOUR OWN BURGER (£3.80)

		INGREDIENTS
Bun		Wheat Flour, Yeast
Burger		Beef, Salt, Mustard and products thereof, Wheat Flour, Rusk, Onion, Hydrolised Vegetable Protein, Sulphur Dioxide/Sulphites E220,
Accompaniments		Jalapenos (Sulphites), Mayo (Egg & Mustard), Mustard, Oil
Relish		Mustard Seeds, Garlic, Sugar, Salt
Pickled Dill Gherkin Slices		Gherkins Water, Spirit Vinegar, Red Pepper, Onions, Dill, Mustard Seeds, Sugar, Salt
		Cheese



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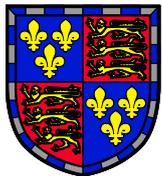
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THURSDAY LUNCH

FRUIT SCONE WITH JAM & CREAM

(£1.05)

	INGREDIENTS
	Self-Raising Flour, Butter, Sugar, Salt, Milk, Sultanas, Mixed Fruit Jam



UPPER HALL

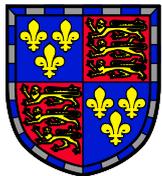
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THURSDAY LUNCH/DINNER

COCONUT DAHL WITH ROASTED AUBERGINES & VEGETARIAN SAMOSAS (vegan) (£3.35)

	INGREDIENTS
Ingredients	Coconut Milk, Aubergines, Cumin Seeds, Olive Oil, Red Lentils, Turmeric, Onion, Garlic, Curry Powder, Coriander
Samosas	Wheat (Gluten) , Potato, Onion, Carrot, Peas, Salt, Chilli, Coriander, Garam Masala (Spice)



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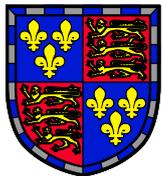
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THURSDAY LUNCH/DINNER

WILD MUSHROOM & MOZZARELLA PIZZA WITH RED PEPPERS, ONIONS & COLESLAW (vegetarian) (£3.35)

	INGREDIENTS
Topping	Mushrooms, Mozzarella , Milk , Tomatoes, Onion, Garlic, Red Peppers, Basil, Tomato Puree, Oregano, Olive Oil, Parsley
Base	Wheat Flour , Yeast, Salt
Coleslaw	White Cabbage, Carrot, Mustard , Rapeseed Oil, Eggs , Milk .



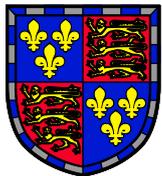
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THURSDAY DINNER

FRIED SEAFOOD PLATTER WITH TARTAR SAUCE (£3.80)

	INGREDIENTS
Goujons	Plaice/Fish, Wheat, Flour , Salt, Yeast, Ammonium Bicarbonate, Vegetable Oil
Calamari	Calamari Squid, Molluscs, Wheat Flour , Salt, Antioxidants, Raising Agents, Potato Starch, Lemon Juice, Milk , Sea Salt, Sunflower Oil, Yeast, Garlic Powder, Colour, Thickener
Scampi	Scampi/Crustacean, Breadcrumbs (Wheat) , Salt, Yeast, Raising Agents, Flour Improver, Herb Extract, Maize, Polenta
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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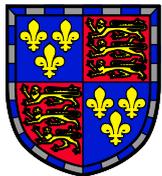


THURSDAY LUNCH/DINNER

ASPARAGUS STUFFED CHICKEN BREAST

(£3.80)

	INGREDIENTS
	Chicken Breast, Lemon Zest, Salt & Pepper, Asparagus, Mozzarella Cheese , Garlic, Paprika, Olive Oil



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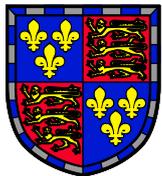
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THURSDAY DINNER

MEAT FEAST PIZZA

(£3.80)

	INGREDIENTS
Pizza Base	Wheat, Milk, Yeast
	Pepperoni, Ham, Spicy Beef (Gluten), Cheese



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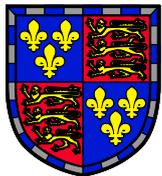
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THURSDAY DINNER

RICH WHITE CHOCOLATE & ORANGE POTS WITH CHOCOLATE FLAKE (£1.05)

	INGREDIENTS
Chocolate Pots	Double Cream, White Chocolate(Soya, Milk), Egg, Orange
Chocolate Flake	Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea)



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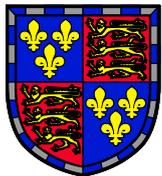
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FRIDAY LUNCH

AUBERGINE, BUTTER BEAN & SPINACH TART WITH TOMATO SAUCE **(vegan) (£3.35)**

	INGREDIENTS
	Aubergine, Butter Bean, Courgette, Bell Peppers, Onion, Garlic, Tomatoes, Herbs, Salt and Pepper
Pastry	Wheat Flour , Salt, Vegetable Margarine, Emulsifier
Onion Chutney	Red Onion, Brown Sugar, Malt Barley Vinegar (Sulphites) , Salt & Pepper
Tomato Sauce	Onions, Garlic, Oil, Tomatoes, Tomato Puree, Seasoning



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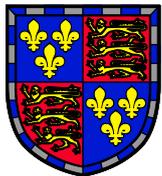
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FRIDAY LUNCH

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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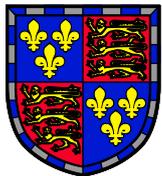
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FRIDAY LUNCH/DINNER

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.



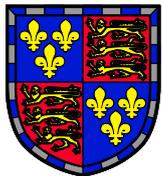
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FRIDAY LUNCH

TURKEY BOLOGNESE PASTA BAKE (£3.80)

	INGREDIENTS
	Turkey Mince, Olive Oil, Onion, Garlic, Tomatoes, Chicken Stock, Pasta, Cheddar Cheese, Parmesan Cheese



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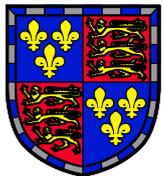
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FRIDAY LUNCH

GRILLED PORK LOIN WITH BBQ SAUCE & GHERKINS (£3.80)

	INGREDIENTS
	Pork, Salt & Pepper, Thyme, Tarragon, Garlic, Oil
Barbeque Sauce 	Sugar, Tomato Paste, Mustard Seed Powder , Spirit Vinegar, 5 Spice Powder, Maltodextrin
Gherkins	Barley Malt Vinegar, Sulphites



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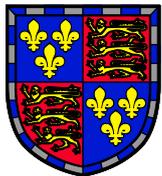
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FRIDAY LUNCH

EVE'S PUDDING & CUSTARD

(£1.05)

	INGREDIENTS
Pudding	Solid Pack Apples, Cake Flour , Sugar, Baking Powder, Eggs , Vanilla, Margarine (may contain Milk) , Milk Powder
Custard	Milk , Sugar, Custard Powder (Maize Starch, Salt, Flavouring, Colour (Annato)).



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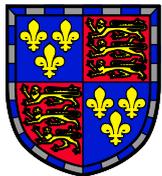


FRIDAY DINNER

MIXED BEAN CHILLI WITH TORTILLA CRISPS

(vegan) (£3.35)

	INGREDIENTS
Ingredients	Chick Peas, Haricot Beans, Kidney Beans, Black-Eyed Beans, Onions, Carrots, Bell Peppers and Courgettes, Celery , Tomatoes, Chilli, Garlic, Salt and Pepper, Tabasco Sauce.
Guacamole	Avocado, Chilli Powder, Bell Pepper, Sugar, Onion, Garlic, Coriander
Tortilla	Corn Flour, Oil



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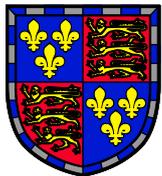
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FRIDAY DINNER

VEGETARIAN MINCE LASAGNE & GARLIC BREAD (vegetarian) (£3.35)

	INGREDIENTS
Lasagne Sheets	Wheat Flour
Filling	Linda McCartney Soya Mince , Tomato, Onion, Garlic, Oregano, Tomato Purée, Salt & Pepper, Carrot, Celery
Sauce	Flour (Wheat) , Milk, Cheddar & Mozzarella Cheese , Butter , Salt, Pepper
Garlic Bread	Wheat Flour , Milk



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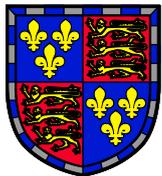
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FRIDAY LUNCH/DINNER

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.



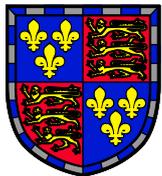
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FRIDAY DINNER

CHICKEN & PEPPER KEBABS WITH COUSCOUS & CUCUMBER YOGHURT DIP (£3.80)

	INGREDIENTS
 	Chicken Breast, Peppers, Vegetable Oil, Sal & Pepper, Garlic, Honey, Lime, Paprika
Dip 	Yoghurt , Cucumber, Salt & Pepper
	Cous Cous (gluten)



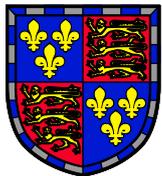
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FRIDAY DINNER

SMOKED BACON, TURKEY & CHEESE FOCACCIA ROLL (£3.80)

	INGREDIENTS
	Smoked Bacon, Turkey, Cheese
Tapenade	Sunblushed Tomatoes, Garlic, Basil, Olives, Onions, Salt & Pepper, Olive Oil
Focaccia	Wheat Flour , Water, Yeast, Olive Oil



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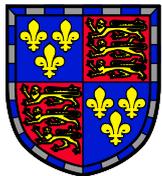
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FRIDAY DINNER

MILIONAIRES SHORTBREAD

(£1.05)

	INGREDIENTS
	<p>Oats (may contain gluten), Caster Sugar, Plain Flour, Golden Syrup, Condensed Milk, Plain Chocolate (Milk, Soya), Margarine</p>



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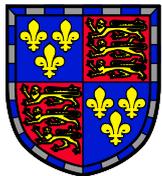


SATURDAY DINNER

SPICY VEGETABLE WRAPS WITH ASIAN SLAW

(vegan) (£3.35)

	INGREDIENTS
	Onion, Peppers, Courgettes, Mangetout, Carrot, Napa Cabbage, Chilli, Garlic, Cajun Spice, Wheat Flour
Asian Slaw	Red & Green Cabbage, Bean Shoots, Carrot, Onion, Ginger, Garlic, Soya Sauce (Soya, Gluten), Sesame Oil, Sesame Seeds
Wrap	Wheat Flour , Water, Salt



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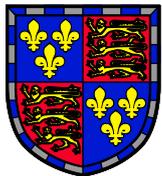
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SATURDAY DINNER

SPICED BEAN BURGER WITH NACHOS CRUMB (vegetarian) (£3.35)

	INGREDIENTS
Bean Burger 	Kidney Beans, Sweetcorn, Black Beans, Red Pepper, Jalapenos (Sulphites), Mozzarella Cheese, Wheat, Maize, Coriander, Parsley, Chilli, Cumin, Black onion Seeds, Potato,
Bun	Wheat Flour, Yeast



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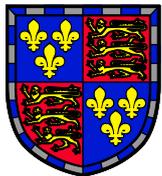
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SATURDAY DINNER

SEAFOOD RISOTTO WITH PARMESAN CHEESE (£3.80)

	INGREDIENTS
	Arborio Rice, Prawns (Crustacean), Mussels (Molluscs), Salmon, Smoked Haddock, Cod, Peas, Leeks, Onion, Garlic, Lemon Parsley, Salt, Pepper, Saffron, Vegetable Stock
Parmesan Cheese	Milk



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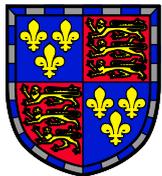


SATURDAY DINNER

TARRAGON LEMON CHICKEN

(£3.80)

	INGREDIENTS
	Chicken, Tarragon, Lemon, Onion, Garlic, Corn Flour, Chicken Stock



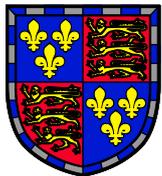
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SATURDAY DINNER

EMMA'S IRISH STEW (£3.80)

	INGREDIENTS
	Lamb, Carrots, White Cabbage, New Potatoes, Thyme, Chicken Stock, Lamb Glace, Black Pepper, Salt, Corn Flour, Parsley



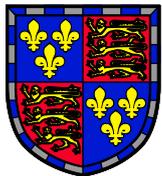
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SATURDAY DINNER

STRAWBERRY CHEESECAKE (£1.05)

	INGREDIENTS
Base	Wheat Flour , Vegetable Oil, Sugar, Wholemeal Flour , Sodium Bicarbonate, Ammonium Bicarbonate, Tartaric Acid, Disodium Diphosphate, Malic Acid, Whey Powder (Milk) , Dried Malt Extract (Gluten) , Salt, Butter . MAY CONTAIN TRACES OF SOYA PROTEIN
Filling	Cream Cheese , Cream , Strawberry Fruit Filling, Milk , Sugar, Gelatine (pork), Vanilla



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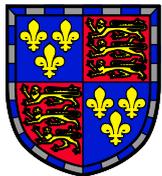
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SUNDAY DINNER

SWEET POTATO & SPINACH CURRY WITH PISTACHIO RICE & POPPODUMS (vegan) (£3.35)

	INGREDIENTS
	Sweet Potatoes, Spinach, Onions, Garlic, Tomatoes, Ginger, Bell Peppers, Chilli, Cumin, Coriander, Turmeric, Paprika, Lemon Juice, Courgettes, Salt, Pepper, Carrot, Celery
Rice	Pistachio (Nuts) , Salt
Poppodums	Lentil Flour, Salt, Raising Agent (Calcium Oxide), Rice Flour, Vegetable Oil, Black Pepper, Spices



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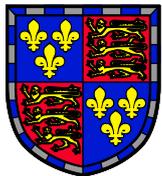


SUNDAY DINNER

MEDITERRANEAN VEGETABLE PASTA BAKE

(vegetarian) (£3.35)

	INGREDIENTS
	Courgettes, Onions, Garlic, Bell Peppers, Fennel, Celery , Spring Onions
Pasta	Wheat Flour
Sauce	Cream , Salt, Peppers, Basil, Oregano, Cheddar, Parmesan , Potato Starch



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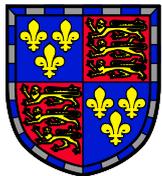
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SUNDAY DINNER

SALMON & EDAMAME BEAN PASTA BAKE

(£3.80)

	INGREDIENTS
	Salmon, Edamame Bean (Soya), Double Cream, Salt & Pepper, Peas
Pasta	Wheat Flour, Water, Salt



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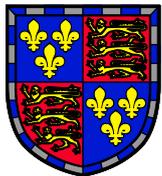
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SUNDAY DINNER

HERB ROASTED CHICKEN LEG WITH SAVOURY RICE (£3.80)

	INGREDIENTS
	Chicken, Mixed Herbs, Salt & Pepper, Chicken Stock



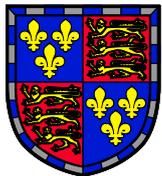
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SUNDAY DINNER

GRILLED HOT DOG WITH ONIONS & MUSTARD (£3.35)

	INGREDIENTS
German Pork Sausage	Pork, Water, Sat, Spices, Herbs, Dextrose, Glucose Syrup May contain: Lactose, Celery & Mustard
Baguette	Wheat , Yeast, Salt
	Onions, Mustard



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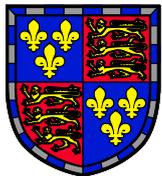
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SUNDAY DINNER

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>	



UPPER HALL'

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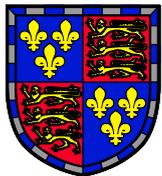
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LUNCH

ALLERGY FOLDERS

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KITCHEN



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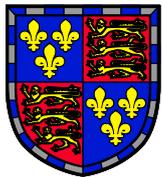
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LUNCH

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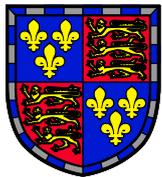
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DINNER

ALLERGY FOLDERS

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KITCHEN



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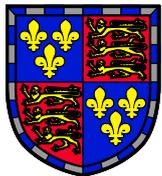
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DINNER

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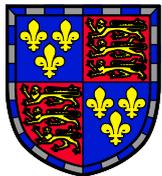
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VEGETABLES

LUNCH

WEDNESDAY	Creamed Cauliflower	DAIRY
	Penne Pasta	GLUTEN



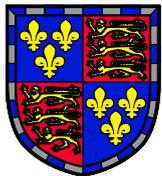
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VEGETABLES

DINNER

FRIDAY	Couscous with Sultanas	GLUTEN, SULPHITES
SATURDAY	Creamed Potatoes	DAIRY



UPPER HALL

WEEK 3, 6, 9

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