

LUNCH MENU – Winter Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Chilli & Rice with Taco's (MK)	Piri Piri Roast Chicken & trimmings (G,MK,E)	Beef Lasagne Garlic Bread (G,MK,E)	BBQ Chicken & Spicy Rice (G,MK,E)	Battered Fish Chicken Gougons (G,E,MK,MU,F)
PRICE	£1.95	£1.95	£1.95	£1.95	£1.95
VEGETARIAN	Quorn Chilli & Rice with Taco's (MK,SO)	Vegetable Puff & Trimmings (G,MK,E)	Quorn & spinach Lasagne, garlic bread (G,MK,E,SO)	Mac & cheese (MK,G,E)	Pizza & Chips, Beans or Salad (F,E,MK,MU)
PRICE	£1.95	£1.95	£1.95	£1.95	£1.95
JACKET POTATO	Jacket Potato/beans & cheese (F,E,MK,MU)	Jacket Potato/beans & cheese (F,E,MK,MU)	Jacket Potato/beans & cheese (F,E,MK,MU)	Jacket Potato/beans & cheese (F,E,MK,MU)	
PRICE	£1.95	£1.95	£1.95	£1.95	
PASTA KING	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	
PRICE	£1.95	£1.95	£1.95	£1.95	
DESSERT	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)

ALLERGENS	CE = Celery	L = Lupin	P = Peanuts
	CU = Crustacean	MK = Milk	SE = Sesame
	E = Eggs	MO = Mollusc	SO = Soya
	F = Fish	MU = Mustard	SU = Sulphites
	G = Gluten	N = Nuts	



LUNCH MEAL DEAL £3.00
(includes £1.95 option, plus a water/carton and piece of fruit or cake)



LUNCH MENU – Winter Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Spaghetti Bolognese Garlic bread (G,MK,E)	Chicken and Spinach curry, Rice & Naan (N,G,MK)	Beefburger, salad & Roasted New Potatoes (G,MK,E,SE)	Jerk Chicken Rice & Peas (N)	Battered Fish Chicken Gougons (G,E,MK,MU F)
PRICE	£1.95	£1.95	£1.95	£1.95	£1.95
VEGETARIAN	Quorn Bolognese Garlic Bread (SO,MK,E,G)	Vegetable Curry, Rice & Naan (MK,N)	Spicy Bean Burgers, Salad Roasted New Potatoes (G,E,MK,SE)	Vegetable Cottage Pie (MK,SO,G)	Pizza & Chips, Beans or Salad (F,E,MK,MU)
PRICE	£1.95	£1.95	£1.95	£1.95	£1.95
JACKET POTATO	Jacket Potato + filling (F,E,MK,MU)	Jacket Potato (F,E,MK,MU)	Jacket Potato (F,E,MK,MU)	Jacket Potato (F,E,MK,MU)	
PRICE	£1.95	£1.95	£1.95	£1.95	
PASTA KING	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	
PRICE	£1.95	£1.95	£1.95	£1.95	
DESSERT	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)

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