

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
SOUP & BREAD Watercress & Pea (VG)(GF) Spiced Butternut Squash & Lentil (VG)(GF)	SOUP & BREAD Carrot & Leek (VG)(GF) Parsnip & Potato (VG)(GF)	SOUP & BREAD Turmeric, Ginger & Lentil (VG)(GF) Italian Courgette (VG)(GF)	SOUP & BREAD Roast Pepper & Tomato (VG)(GF) Garlic Roasted Beetroot (VG)(GF)	SOUP & BREAD Asparagus potato & Leek (VG)(GF) Curried Swede & Carrot (VG)(GF)	SOUP & BREAD Thai Mushroom (VG)(GF)(So)(Se) Split Pea & Ham (VG)(GF)	SOUP & BREAD Leek, Sage & White Bean (VG)(GF) Broccoli, Spinach & Rocket (VG)(GF)
Bread is served with all soups (CG). (GF) bread is available on request. You can ADD a topping if required when ordering any Soup – PLEASE ADVISE WHEN ORDERING						
JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Lentil & Vegetable Dahl (VG)(GF) Bacon, Onion, Sweetcorn in Low-fat Cream Cheese (D)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Mozzarella, Sun Blush Tomato & Basil Pesto (V)(GF)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Chorizo & Butterbean Stew (GF) Cauliflower Cheese (D)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Curried Beans (VG)(GF) "Creamy" Garlic Mushrooms (D)(VG)(GF)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Turkey Chilli (GF) Roast Cherry Tomato & Ricotta Cheese (V)(GF)(D)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Tuna, Avocado & Tomato (F)(GF) Butter Bean & Chilli Stew (VG)(GF)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Bean ** (V) Sweet Chilli Hummus (Se)(VG)(GF) Vegan Chilli & Avocado Salsa (VG)(GF)
Jacket Potato Fillings can be served separately – PLEASE ADVISE WHEN ORDERING						
SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna Mayo ** (D)(F) Egg Salad ** (E) Cajun Chicken (GF)(C) Mozzarella, Sun Blush Tomato & Basil Pesto (D)(V)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Sweetcorn ** (F) Egg Mayo ** (E) Falafel & Rocket (CG)(V)(VG) Goats Cheese & Red Onion Marmalade (D)(SuD)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Cucumber (F) Egg & Watercress ** (E) Sausage & Tomato Relish (CG)(Mu) Three Cheese & Spring Onion (D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Crème Fraiche ** (D)(F) Bacon & Egg ** (E) Ham, Gherkin & English Mustard (Mu) Hummus & Pickled Carrot (GF)(Se)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Chicken & Bacon ** (D)(E)(Mu) Egg & Cress ** (E) Turkey Salad Brie & Cranberry Sauce (D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna Mayo ** (D)(F) Roast Beef & Wasabi (Mu) Cheese Coleslaw (V)(D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna Mayo ** (D)(F) Jerk Chicken (GF) Egg & Cucumber (E)
Sandwiches/ Wraps & Paninis (CG). (GF) Sandwiches/ Wraps available on request – PLEASE ADVISE WHEN ORDERING						
SALAD BAR Tomato Cucumber Watercress & Rocket Crated Carrot New Potato, Radish & Spring Onion (VG) Cauliflower Cous Cous, Peppers & Pomegranate (VG) Mixed Radish & Carrot Slaw (VG) Smoked Mackerel (F) Balsamic Vinaigrette (VG)	SALAD BAR Mixed Peppers Carrot Sticks Shredded Iceberg Lettuce Red Cabbage Slaw (VG) Savory Granola (VG)(CG) Quinoa Salad (V)(D)(GF) Marinated Olives (VG)(V)(GF) Roast Turkey Tandoori Haloumi (V)(GF)(D) House Dressing (VG)(Mu)	SALAD BAR Baby Plum Tomatoes Red Onion Baby Mixed Leaves Caramelized Onion Humus (Se) Rainbow Slaw (VG) Toasted Pine Kernels Lemon & Chive Cous Cous (CG)(VG) Pineapple Cottage Cheese (D)(V)(GF) Thai Chicken Breast (So)(Se)(GF) Sweet Chili Dressing (So)(Se)(GF)	SALAD BAR Tomato Grated Carrot Baby Gem Lettuce Cucumber Raita (D)(V) Sweetcorn & Chive Potatoes (VG) Sweet Chili Rice Noodles ** (Se)(VG) Tofu & Beansprouts (So)(GF)(VG) Coconut Chicken (GF)(Se)(So) Toasted Sesame Dressing (Se)(So)	SALAD BAR Cherry Tomato Cucumber Watercress & Rocket Guacamole ** (VG) 5 Bean & Tomato Salad (VG) Green Bean & Feta Salad (V)(D)(GF) Pickled Red Onion Toasted Seeds (GF) Tomato Humus (Se) Smoked Salmon (F) Boiled Egg (E) House Dressing (Mu)(VG)	SALAD BAR Tomato Cucumber Mixed Baby Leaves Grated Carrot Mixed Peppers Feta & Bean (D)(V) Waldorf (V)(VG)(C) Potato Salad (D) Garlic Croutons (CG) Mackerel (F) Sliced Cheddar (D) Honey & Mustard Dressing (Mu)	SALAD BAR Cherry Tomato Celery Sticks © Sliced Peppers Potato Salad (D) Peashoots & Watercress (GF) Jamaican Jerk Rice & Peas (GF)(V)(VG) Crispy Bacon bits Ham Lemon Dressing (VG)
A mixture of all salads items will be provided – PLEASE ADVISE WHEN ORDERING IF CERTAIN ITEMS ARE NOT TO BE INCLUDED						
SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available	SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG) Fresh Fruit & Yogurt OR Vegan alternatives Superfood Seasonal Green Smoothie ** (V)(VG) Ingredients will change daily Fruit & Yogurts available
ALLERGEN KEY (D) Dairy (E) Egg (CG) Contains Gluten (GF) Gluten Free (F) Fish (N) Nuts (C) Celery (Pe) Peanuts (Se) Sesame (L) Lupin (So) Soya (Mu) Mustard (V) Vegetarian (VG) Vegan (CR) Crustaceans (Mo) Mollusc (SuD) Sulphur Dioxide Items marked by ** are available to those with a Modified Diet WEEK_2_of_4_LUNCH_SUMMER_TERM_2021						