

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
SOUP & BREAD Red Onion & Potato ** (VG)(C) Lightly Spiced Chickpea & Vegetable ** (VG)(C)	SOUP & BREAD Sweetcorn & Potato Chowder ** (VG)(C) Lentil & Swede ** (VG)(C)	SOUP & BREAD Sweet Potato & Coconut ** (VG)(C)(N) Mushroom & Tarragon ** (VG)(C)	SOUP & BREAD Broccoli & Rocket ** (VG)(C) Carrot & Cumin ** (VG)(C)	SOUP & BREAD Celeriac & Apple ** (VG)(C) Plum Tomato ** (VG)(C)	SOUP & BREAD Red Pepper & Onion ** (VG)(C) Pea, Parsley & Watercress ** (VG)(C)	SOUP & BREAD Broccoli & Kale ** (VG)(C) Butternut Squash & Ginger ** (VG)(C)
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 Beans ** (V) Spring Onion & Kale Slaw (V)(D)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Goats Cheese & Pesto (V)(D)(N)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Chorizo & Butterbean Stew	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Mushroom Stroganoff (V)(D)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Mexican Seasoned Peppers & Onions (VG)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Curried Chickpea (VG)	JACKET POTATO with today's choice of fillings Cheese ** (D) Tuna Mayo ** (D)(F) Baked Beans ** (V) Sour Cream, Bacon & Spring Onion (D)
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) B.L.T. Goats Cheese & Rocket (V)(D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Sweetcorn (F) Egg Mayo (E)(D) Brie & Tomato (V)(D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Cucumber (D)(F) Egg & Watercress (E) Smoked Mackerel & Crème Fraiche (F)(D) Hummus & Roasted Vegetable (VG)(Se)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna & Crème Fraiche (D)(F) Bacon & Egg (E) Turkey & Piccalilli (C) Avocado (VG)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Chicken & Bacon (D)(F) Egg & Cress (E) Roast Beef & Horseradish (D) Feta, Sundried Tomato & Olive (V)(D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna Mayo ** (D)(F) Chorizo & Rocket Cheddar & Red Onion Marmalade (V)(D)	SANDWICHES/ WRAPS & PANINIS with today's choice of fillings Cheese ** (D) Ham ** Tuna Mayo ** (D)(F) Brie & Bacon (D) Curried Chickpea & Leaf Salad (VG)
Sandwiches/ Wraps & Paninis (CG). (GF) Sandwiches/ Wraps available on request – PLEASE ADVISE WHEN ORDERING						
SALAD BAR Tomato Cucumber Watercress & Rocket Grated Carrot Herby Quinoa, Feta & Pomegranate (D) Courgette, Chili & Mint (V)(D) Vegetarian Nicoise ** (So)(VG) Mozzarella & Basil Pesto (V)(D)(N) Sliced Chorizo Garlic Croutons (CG) House Dressing (VG)(Mu)	SALAD BAR Mixed Peppers Carrot Sticks Shredded Iceberg Lettuce New Potatoes & Radish (VG) Halloumi Carrot & Orange (V)(D) Broccoli, Egg & Quinoa (E) Lentils with Tahini dressing (VG)(Se) Mixed Seeds (VG) Boiled Egg (E) Edamame Beans (VG) Lemon & Herb Dressing (VG)	SALAD BAR Cherry Tomato Red Onion Baby Mixed Leaves Melon, Tomato & Mint (VG) New Potato Salad (V)(D) Fennel ,Apple & Celeriac (VG) Roast Sweet Potato & Butter Beans (VG) Crispy Bacon Marinated Halloumi (V)(D) Cider Vinaigrette (VG)(SuD)	SALAD BAR Tomato Cucumber & Dill Ribbons Baby Gem Lettuce Celery,Chive & Cottage Cheese (V)(C)(D) Bulgur Wheat & Sundried Tomato Pesto (VG)(CG)(N) Pickled Vegetables & Rice noodles ** (Se)(VG) Beetroot & Orange Salad (VG) Piccalilli (VG) Sliced Ham Pumpkin Seeds (VG) House Dressing (VG)(Mu)	SALAD BAR Tomato Cucumber Watercress & Rocket Feta, Olive & Oregano (V)(D) Mexican Bean Salad (VG) Heritage Tomato Salad (VG) Pickled Onions (VG) Smoked Mackerel (F) Bacon Bits (VG) Cheese Croutons (V)(D)(CG) Tomato Dressing (VG)	SALAD BAR Tomato Cucumber Baby Gem Lettuce Grated Grated Carrot Mixed Peppers Pickled Radish Lemon & Coriander Cous Cous (VG)(CG) Wholewheat Pasta with Cherry Tomatoes & Capers (VG)(CG) Boiled Egg (E) Sliced Chicken Crispy Onions (VG)(CG) Caesar Dressing (V)(D)	SALAD BAR Shredded Iceberg Sliced Peppers Cherry Tomato Cucumber Broccoli Slaw (V)(D) Lentil & Roasted Pepper (VG) Bombay Carrot (VG) Sliced Ham Grated Cheese (D) Sunflower Seeds (VG) House Dressing (VG)(Mu)
A mixture of all salads items will be provided – PLEASE ADVISE WHEN ORDEING IF CERTAIN ITEMS ARE NOT TO BE INCLUDED						
SUPERFOOD SMOOTHIES FOR MODIFIED DIETS (suitable for ISDDI 4 & 5) Brunch Smoothie ** (V)(VG)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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)(D) Fresh fruit, yogurt & milk 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_3_of_4_LUNCH_SUMMER_TERM_2021						