

Allergy Information – Sept to Dec

Week A

Monday	Meat & Potato Pie served with Oven Baked Wedges & Peas Gluten, Wheat, Milk	Minced beef Flour Margarine Gravy Peas Potato wedges
	Palak Paneer served with Broccoli & Rice Milk	Paneer – Chilli powder Rice - Oil Spinach – Garlic powder Onions – Green chillies Turmeric - Ginger Salt – Cumin Coriander – Peas Garam masala Broccoli Rice
	Chicken Tikka & Rice Milk	Vegan Chicken Fillets Tikka sauce Rice
Tuesday	Chicken Fried Rice Egg, Wheat, soya, egg	Chicken Egg Rice Curry powder Sliced onions Garlic Oil Soy sauce Mixed vegetables
	Pasta Beef Bolognese Wheat, Gluten may contain mustard & soya	Minced beef Tomato & basil sauce Chopped tomatoes Garlic Spaghetti
	Vegetarian Pasta Bolognese Wheat, Gluten may contain mustard & soya	Pasta Tomato & basil sauce Chopped tomatoes Garlic Mixed Vegetables
Wednesday	Fish & Chips Fish, wheat, gluten	Fish Chips- none
	Homemade Cheese & Onion Pie served with Chips Wheat, milk, gluten	Cheese Onion Flour Margarine Chips - none
	Quorn Sausages served with Chips Wheat, barley, gluten	Quorn sausages Chips

	Peas None Baked beans None	Peas Baked beans
	Gravy Wheat, barley, soya, gluten	Gravy
Thursday	Chicken Shawarma on Flatbread with Salad & Yogurt Barley, crustaceans, egg, fish, mustard, soya, sulphites, wheat, gluten, milk	Marinated chicken Flatbread Yogurt Salad - none
	Pasta & Meatballs Wheat gluten, may contain mustard, soya, egg	Pasta Meatballs Tomato & basil sauce
	Quorn Chicken Shawarma on Flatbread with Salad & Yogurt Barley, crustaceans, egg, fish, mustard, soya, sulphites, wheat, gluten, milk	Marinated Quorn Flatbread Yogurt Salad - none
Friday	Beef Burger served with Oven Baked Wedges & Salad Wheat, gluten, metabisulphite, milk may contain sesame	Maw Beef burger Bun Salad - none Potato wedges
	Katsu Chicken Fillet served with Oven Baked Wedges & Salad Wheat, gluten, metabisulphite, milk may contain sesame	Katsu Chicken Fillet Bun Salad - none Potato wedges
	Spicy Bean Burger served with Oven Baked Wedges & Salad Wheat, gluten, metabisulphite milk may contain sesame	Spicy bean burger Bun Salad - none Potato wedges
	Korma Vegetarian Curry & Rice Milk	Vegetables Korma sauce Rice

Please note on occasions, menus may be subject to change.

FOOD ALLERGY WARNING

PLEASE BE ADVISED DESPITE OUR BEST EFFORTS WE CANNOT GUARANTEE THAT OUR FOOD IS FREE FROM THE FOLLOWING ALLERGENS: CELERY, CEREALS (GLUTEN), CRUSTACEANS, EGGS, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA AND SULPHUR DIOXIDE (SULPHITES)

Allergy Information – Sept to Dec

Week B

Monday	Chicken Wrap, served with Herby Potato & Salad Eggs, gluten, milk, may contain barley, crustaceans, fish, mustard, soya, sulphites	Chicken Mayonnaise Herby Potatoes Salad – none
	Cheese Swirl & Baked beans Wheat, gluten may contain lupin, mustard, soya	Puff pastry Cheese Mashed potatoes Baked beans
	Pasta Bake with Garlic Bread Wheat, gluten, milk, mustard may contain soya	Vegetables Tomato & basil sauce Pasta Cheese Garlic bread slice
Tuesday	Lasagne, Garlic Bread & Salad Wheat, gluten, milk mustard, soya may contain barley, oats, rye	Minced beef Onions Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad – none Garlic bread Garlic bread
	Quorn Vegetarian Lasagne, Garlic Bread & Salad Wheat, gluten, mustard, milk, soya may contain barley, oats, rye	Mixed vegetables Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad – none Garlic bread
	Chicken Jalfrezi & Rice None	Chicken Jalfrezi sauce Rice
Wednesday	Korean Beef served with Vegetable Rice Soya, eggs, wheat, gluten	Beef Garlic Ginger Onion Soya Sugar Oil Mixed vegetables Rice
	Chicken Fillet served with Oven Baked Wedges & Salad	Chicken fillet Potato wedges Salad

	Pomodoro Tomato Sauce & Pasta Wheat, gluten, milk, mustard may contain soya, milk	Vegetables Tomato & basil sauce Cheese
Thursday	Vegetarian Pie with Potatoes, Vegetables & Gravy Wheat, barley, gluten, soya, milk	Onions Gravy Mixed vegetables Diced potatoes Vegetables Flour Margarine Milk
	Rogan Josh Chicken Curry & Rice None	Chicken Rogan Josh sauce Rice
	Rogan Josh Vegetarian Curry & Rice Wheat, gluten, soya	Vegetables Rogan Josh sauce Rice
Friday	Fish Goujons & Chips with Peas or Beans Fish, gluten, wheat	Fish goujons Chips Peas or baked beans
	Vegan Fishless Fingers & Chips with Peas or Beans Wheat, gluten	Vegan Fishless fingers Chips Peas or baked peas
	Pasta & Basilico Sauce Wheat gluten, may contain mustard, soya, milk	Vegetables Tomato & basil sauce Pasta Cheese

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Allergy Information

Lunchtime Extras

*** Allergens are found on the labels**

*Sandwiches from £1.95

*Baguettes from £2.10

*Salad box with fillings £2.10

Meal Deal option £2.20

Includes any main meal, sandwich or jacket potato & 1 dessert item

Please note the meal deal does not include water; however, drinking water is available to all students from the water fountains.

We recommend you bring refillable water bottles for throughout the day.

Beverages

Bottled Water 500ml 85p

None

Morning Menu

**Buttered Toast - free to all pupils
between 8am - 8.25am each day**

Wheat, barley may contain barley

Beans on Toast 89p

Wheat, gluten, milk may contain barley

Egg on Toast 89p

Wheat, gluten, milk, egg may contain barley

(Only served between 8am - 8.25am)

Cheese Bagels 99p

Wheat, gluten, milk, soya barley, rye may contain sesame

Sausage Petit Pan 92p

Wheat, gluten, sulphites may contain barley, sesame

Bacon Petit Pan 92p

Wheat, gluten may contain barley, sesame

Croissants 99p

Wheat, gluten, egg, milk may contain sulphite

Pancakes x 2 85p

Wheat, gluten, egg, milk

Hash Browns x 1 (break time only) 29p

None

Hash Browns x 3 (break time only) 82p

None

Fresh Fruit 64p

None

<u>Grab & Go Options</u>	<u>Desserts/Biscuits/Muffins</u>
Panini's - Cheese & tomato £2.02 Wheat, gluten, milk may contain sesame	Ice cream/Jelly/Yoghurt 78p Milk
Panini's - Cheese & ham £2.02 Wheat, gluten, milk may contain sesame	Biscuits from 57p Shortbread Wheat, gluten, milk
Cheese & Tomato Pizza £1.39 Wheat, gluten, milk	Apricot Bars 78p Wheat, gluten, egg
	Homemade muffins 78p Apple or Banana Wheat, gluten, egg
	Fresh Fruit – None 64p Fruit Salad Bowl -None 99p

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