

Allergy Information

Week A

Monday	Tacos with Pulled Pork Gluten, Wheat	Tacos Pulled pork
	Mexican Bake Gluten, Wheat, Milk	Kidney beans Fajita seasoning Tortilla Chilli powder Cheese
	Served with Salad & potato wedges None	Salad - Potato wedges
	Chicken Tikka & Rice Milk	Chicken Tikka sauce Rice
Tuesday	Chicken Fried Rice Egg, wheat, gluten, soya	Chicken Rice Sliced onions Diced carrots Diced peppers Soya sauce Sweetcorn Oil Egg
	Singapore Vegetarian Rice Egg, Wheat, soya, egg	Egg Rice Curry powder Sliced onions Garlic Oil Soy sauce
	Spaghetti Bolognese Wheat, Gluten may contain mustard & soya	Minced beef Tomato & basil sauce C7550 Chopped tomatoes Garlic Spaghetti
	Vegetarian Bolognese Wheat, Gluten may contain mustard & soya	Spaghetti Tomato & basil sauce Chopped tomatoes Garlic Mixed Vegetables
Wednesday	Chicken fillet served with wedges & salad Wheat, gluten may contain sesame	Chicken fillet Bun Salad - none Potato wedges
	Spicy bean burger served with wedges & salad Wheat, gluten, metabisulphite milk may contain sesame	Spicy bean burger Bun Salad - none Potato wedges

	Beef or Cheese burger served with wedges & salad Wheat, gluten, metabisulphite, milk may contain sesame	Beef burger Cheese slice Bun Salad - none Potato wedges
	Chicken Balti & Rice Milk	Chicken Balti sauce Rice
	Vegetarian Curry & Rice Milk	Vegetables Tomato & basil sauce Rice
Thursday	Chicken Shawarma on flatbread with salad & mayo Barley, crustaceans, egg, fish, mustard, soya, sulphites, wheat, gluten, milk	Marinated chicken Mayonnaise Flatbread Yogurt Salad - none
	Falafel on flatbread with salad & mayo Wheat, gluten, egg, milk	Falafel Mayonnaise Flatbread Yogurt Salad - none
	Pasta & Meatballs Wheat gluten, may contain mustard, soya, egg	Pasta Meatballs
	Vegetarian Basilico Pasta Wheat gluten, may contain mustard, soya	Vegetables Tomato & basil sauce
Friday	Fish & Chips Fish, wheat, gluten	Fish Chips- none
	Meat Pie & Chips Wheat, milk	Meat pie Chips - none
	Cheese & Onion Pie & Chips Wheat, milk	Cheese & onion pie Chips - none
	Peas None Baked beans None A11758	Peas Baked beans
	Gravy Wheat, barley, soya, gluten	Gravy

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

Week B

Monday	Chicken Wrap, sweet potato fries & Salad Eggs, gluten, milk, may contain barley, crustaceans, fish, mustard, soya, sulphites	Chicken Mayonnaise Sweet 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 may contain soya	Minced beef Onions Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad - none
	Quorn Vegetarian Lasagne, Garlic Bread & Salad Wheat, gluten, mustard, milk may contain soya	Mixed vegetables Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad - none
	Chicken Jalfrezi & Rice None	Chicken Jalfrezi sauce Rice
Wednesday	Fish Fingers sub roll with nachos Egg, wheat, gluten may contain sesame	Fish fingers Sub roll Nachos Mayonnaise
	Pulled Pork sub roll with nachos Egg, wheat, gluten may contain sesame	Pulled pork Sub roll Nachos Mayonnaise
	Beef in gravy sub roll with nachos wheat, gluten may contain sesame, barley, soya,	Sub roll Nachos Gravy Beef
	Pomodoro Tomato sauce & Pasta Wheat, gluten, milk, mustard may contain soya, milk	Vegetables Tomato & basil sauce Cheese

Thursday	Meat & Onion Pie with potatoes, veg & gravy Wheat, barley, gluten, soya	Minced beef Onions Gravy Diced potatoes Vegetables
	Vegetarian Pie with potatoes, veg & gravy Wheat, barley, gluten, soya	Onions Gravy Diced potatoes Vegetables
	Rogan Josh Chicken Curry & Rice None	Chicken Rogan Josh sauce Rice
	Vegetarian Curry & Rice None	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 & meatballs Wheat gluten, may contain mustard, soya, egg	Pasta Meatballs Tomato & basil sauce
	Pasta & Basilica Sauce Wheat gluten, may contain mustard, soya, milk	Vegetables Tomato & basil sauce Pasta Cheese

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<u>Lunchtime Extras</u>	<u>Morning Menu</u>
<p>* Allergens are found on the labels</p> <p>*Sandwiches from £1.95</p> <p>*Baguettes from £2.10</p> <p>*Salad box with fillings £2.10</p> <p>Panini's - Cheese & tomato £2.02 Wheat, gluten, milk may contain sesame</p> <p>Panini's - Cheese & ham £2.02 Wheat, gluten, milk may contain sesame</p> <p>Enchiladas with salad £2.02 Wheat, gluten, milk</p> <p>Main Meal only £2.10 From Menu A or B</p> <p>Meal Deal option £2.20 Includes any main meal, sandwich or jacket potato & 1 dessert item</p> <p><i>Please note the meal deal does not include water; however, drinking water is available to all students from the water fountains.</i></p> <p><i>We recommend you bring refillable water bottles for throughout the day.</i></p>	<p>Buttered Bagels - free to all pupils between 8am - 8.25 each day Wheat, gluten, soya barley, rye may contain sesame</p> <p>Toast (per slice) 29p Wheat, gluten, soya may contain barley, rye</p> <p>Sausage Petit Pan 92p Wheat, gluten, sulphites may contain barley, sesame</p> <p>Bacon Petit Pan 92p Wheat, gluten may contain barley, sesame</p> <p>Croissants 99p Wheat, gluten, egg, milk may contain sulphite</p> <p>Pain au chocolate 99p Wheat, gluten, egg, milk may contain sesame</p> <p>Pancakes x 2 85p Wheat, gluten, egg, milk</p> <p>Hash browns x 1 (break only) 29p None</p> <p>Hash browns x 3 (break only) 82p None</p> <p style="text-align: center;"><u>Beverages</u></p> <p>Bottled Water 500ml 85p None</p> <p>Milk Cartons 72p Milk</p>

<u>Grab & Go Options</u>	<u>Desserts/Biscuits/Muffins</u>
<p>One item will be served each day along with the main meal options priced at £1.07 each</p>	<p>Ice cream/Jelly/Yoghurt 78p Milk, gluten may contain soya</p>
<p>Cheese & Tomato Pizza Wheat, gluten, milk</p>	<p>Refer to daily menu for the following allergens</p>
<p>Sausage Roll Wheat, gluten, metabisulphite, milk, soya</p>	<p>Pudding with custard 99p</p>
<p>Omelette Egg, milk</p>	<p>Biscuits from 57p</p>
<p>Vegetable Pasty Wheat, gluten, milk</p>	<p>Flapjack 78p</p>
<p>Soup & Roll Wheat, gluten, barley may contain egg, mustard, soya, sesame</p>	<p>Fresh Fruit – None 64p</p>
	<p>Fruit salad pot -None 99p</p>

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