

Menu

Deli / Sub Bar

Also, available for seniors and staff only, there will be a selection of...



Monday

Pork Sausages

V Quorn Sausages

DF Scrambled Egg

GF Hash Browns

Jacket Potato
Cheese, Beans, Tuna

Tomatoes
Baked Beans

Blueberry Muffin

Yoghurt
Fruit

Tuesday

V Macaroni Cheese

Crusty Bread

Jacket Potato
Cheese, Beans, Tuna

Garden Peas
Sweetcorn

DF Shortbread

Yoghurt
Fruit

Wednesday

Chicken Tikka & Rice

Naan Bread

Jacket Potato
Cheese, Beans, Tuna

Stir Fry Vegetables
Green Beans

Chocolate Brownie

Yoghurt
Fruit

Thursday

DF Roast Pork & Apple

V Cauliflower Cheese

Roast Potatoes
DF Mashed Potatoes

Jacket Potato
Cheese, Beans, Tuna

Diced Carrots
Broccoli
Gravy / **GF** Gravy

V DF Fruit Jelly

Yoghurt
Fruit

Friday

DF P Fish Fillet
(**GF** Fish Available)

P Fish Fingers

Chips

Jacket Potato
Cheese, Beans, Tuna

Mushy Peas
Baked Beans

V Cheese/Jam &
Crackers

Yoghurt
Fruit

Veggie Options Daily!

For example...



DF = Dairy Free; GF = Gluten Free; V = Vegetarian; P = Pescetarian

Week One

Beige dieters will have a separate menu with taster foods available.

Week One

Menu

Deli / Sub Bar

Also, available for seniors and staff only, there will be a selection of...



Monday

V Tomato and Mascarpone Pasta Bake

Crusty Bread

Jacket Potato
Cheese, Beans, Tuna

Baby Carrots
Garden Peas

Banana Muffin

Yoghurt
Fruit

Tuesday

P Salmon & Broccoli Bake

V Cheese Pie

Herby Diced Potatoes

Jacket Potato
Cheese, Beans, Tuna

Sweetcorn
DF Coleslaw

Cookies

Yoghurt
Fruit

Wednesday

Shepherd's Pasty

V Glamorgan Sausages

DF Mashed Potatoes

Jacket Potato
Cheese, Beans, Tuna

Diced Carrots
Baked Beans
Gravy / **GF** Gravy

DF GF Raspberry Flapjack

Yoghurt
Fruit

Thursday

Chicken Fajita Wraps

V Quorn Fajita Wraps

Potato Wedges

Jacket Potato
Cheese, Beans, Tuna

Mixed Vegetables
Green Beans

Cherry Sponge & Custard

Yoghurt
Fruit

Friday

P Fish Fingers

P Fishcake

Chips

Jacket Potato
Cheese, Beans, Tuna

Mushy Peas
Baked Beans

V DF Fruit Jelly

Yoghurt
Fruit

Veggie Options Daily!

For example...



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Week Two

Beige dieters will have a separate menu with taster foods available.

Week Two