

# Lunch Menu B



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Cream of chicken <b>C D</b>	Leek & potato <b>D C</b>	Butternut squash <b>C D</b>	Lentil soup <b>C</b>	Tomato <b>T C</b>	Mushroom <b>D C</b>	Chef's choice
<b>Main course</b>	Pork & apple stew with parsley & thyme dumpling <b>G C</b>	Roast chicken & stuffing <b>G</b>	Beef lasagne <b>G D</b> <b>T SU</b>	Coq au vin <b>T SU</b>	Panko breaded haddock <b>G F</b>	Chicken with mushrooms <b>G CH</b> <b>S SE</b>	Roast of the day
<b>Vegetarian option</b>	Vegetable tart tatin <b>G</b>	Mushroom wellington <b>G E</b>	Beef tomato & mozzarella <b>D T</b>	Quorn in red wine <b>T SU</b>	Frittata <b>E</b>	Mock duck stir fry <b>G S SE CH</b>	
<b>Vegetables &amp; potatoes</b>	New potatoes Green beans	Roast potatoes Roasted vegetables Cabbage	Broccoli	Creamed potatoes <b>D</b> Swede & carrot	Chips Baked beans <b>T</b> Mushy peas	Chow mein <b>G E</b> <b>S SE</b> Stir fry vegetables	Roast potato Broccoli Cauliflower
<b>Pasta/noodle option</b>	Vegetable noodles <b>G E</b>	Tomato & basil <b>T</b> <b>G C</b>	Red pesto gnocchi <b>G D</b>	Mushroom carbonara <b>G D C</b>	Pesto pasta <b>D G</b>	Vegetable pasta bake <b>G D</b>	Mac & cheese <b>T</b> <b>G D</b>
<b>Jacket potato</b>	Assorted fillings						
<b>Dessert</b>	Chocolate sponge <b>G S E</b> & chocolate sauce <b>D S</b>	Fruit salad	Bakewell tart <b>G</b> <b>D E</b>	Lemon & ginger cake <b>G E</b> & vanilla sauce <b>D</b>	Eton mess <b>D</b>	Chocolate mousse <b>D</b>	Millionaire shortbread <b>D G S</b>
<b>Extras</b>	A selection of cold meats and salads are available from the salad bar. Assorted cut & whole fresh fruit & homemade yoghurts – assorted flavours.						
<b>G</b> = Gluten, <b>D</b> = Dairy, <b>E</b> = Egg, <b>CH</b> = Chilli, <b>M</b> = Mustard, <b>T</b> = Tomato, <b>C</b> = Celery, <b>S</b> = Soya, <b>F</b> = Fish, <b>SU</b> = Sulphur dioxide, <b>SE</b> = Sesame, <b>L</b> = Lupin, <b>CR</b> = Crustaceans							

All of our dishes are produced in kitchens that contain allergens. Please advise the Catering Manager of any special dietary requirements, food intolerances and allergies.