















# Menu for Week 1 – 13<sup>th</sup> April to 17<sup>th</sup> April

	Meat free Monday	Taco Tuesday	Wednesday	Pizza Thursday	Friday
<b>Main</b>	Spaghetti in a Marinara sauce (G)	Chicken Taco (G)	Toad in the Hole (G, E, MI)	Handmade Pepperoni Pizza (G, MI)	Battered Fish (F, G) or Suffolk Sausages (G)
<b>Vegetarian option</b>	Green Pesto Pasta twists (G)	Vegetable and Bean Taco (G,S)	Vegi Toad in the Hole (G, E, MI)	Handmade Margarita Pizza (G, MI) Vege Pizza with red peppers (G, MI)	Quorn Nuggets (S, G)
<b>Today's Special</b>	Tomato Soup served with a floured roll.	Loaded Nachos (MI)	Chicken Soup served with a floured roll.	Mac & Cheese (G, MI)	Selection of Filled Panini's (G)
<b>Daily Options</b>	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)
<b>Served with....</b>	Garlic and Rosemary Focaccia (G) Seasonal Vegetables	50/50 Wholemeal rice Seasonal Vegetables	Roast Potatoes Seasonal Vegetables Gravy	Herby Parmentier Potatoes Seasonal Salad	Chips Baked Beans (G) and Sweetcorn
<b>Salad Bar</b>	Lettuce, tomatoes, cucumber, carrot sticks, rice and bean salad (S), cheese (MI)	Lettuce, tomatoes, cucumber, carrot sticks, Guacamole, cheese (MI)	Lettuce, tomatoes, cucumber, carrot sticks, cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, pasta salad (G), cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, potato salad, cheese (MI)
<b>Dessert</b>	Fruit Salad Ice cream (MI) Cheese and biscuits (G, MI)	Fruit Salad Jelly and Yoghurt (MI)	Fruit Salad Baked biscuit (G) Popcorn	Fruit salad Chocolate Brownie (G,E) Yogurt (MI)	Fruit Salad Flapjack (G) Cheese and biscuits (G, MI)

A selection of different seasonal vegetables will be used, and the fruit salad will vary from week to week depending on the range of available and seasonal fruit. Soups of the day will also vary depending on seasonal produce available to the kitchen team. The sandwich selection will incorporate a mix of cheese, ham and tuna alongside a selection of accompaniments from the Salad Bar.

Allergen Key														
	Gluten (G)	Crustaceans (CR)	Fish (F)	Peanuts (P)	Soybeans (S)	Milk (MI)	Nuts (N)	Celery (CE)	Mustard (MU)	Sesame (SS)	Sulphites (SD)	Lupin (L)	Molluscs (MO)	Eggs (E)

## Menu for Week 2 – 20<sup>th</sup> April to 24<sup>th</sup> April

	Meat free Monday	Japanese Tuesday	Wednesday	Pizza Thursday	Friday
<b>Main</b>	Tomato and Fresh Basil pasta (G)	Mildly spiced Katsu Chicken Curry (G,CE)	Bacon (SD) or Local Bury Sausage Bap (G)	Handmade Veg and mushroom Pizza (MI,G)	Battered Fish (G,F) or Chicken Bites (G)
<b>Vegetarian option</b>	Mac & Cheese (G, MI)	Vegetable Sweet Soy Noodles (G,S)	Egg Bap (E, G)	Handmade Margarita Pizza (MI,G)	Cheese and Red pepper Quiche (E,MI,G)
<b>Today's Special</b>	Soup of the day served with a floured roll	Vegetable or Salmon sushi rolls (F) with a dipping sauce (S, SS)	Green Pesto Pasta twists (G)	Pasta in a Marinara sauce (G)	Selection of Filled baguette's (G)
<b>Daily Options</b>	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)
<b>Served with....</b>	Garlic Bread (G) Seasonal Vegetables	50/50 Wholemeal rice Seasonal Vegetables	Hash brown Baked Beans (S) and sweetcorn	Herby Parmentier Potatoes Seasonal Salad	Chips Baked Beans (S) and Sweetcorn
<b>Salad Bar</b>	Lettuce, tomatoes, cucumber, carrot sticks, sweetcorn salad, cheese (MI)	Lettuce, tomatoes, cucumber, Pasta Salad, Kimchi (SD), cheese (MI)	Lettuce, tomatoes, cucumber, carrot sticks, rice salad, cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, pasta salad, cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, potato salad, cheese (MI)
<b>Dessert</b>	Fruit Salad Sticky Toffee Pudding (E,G,MI)	Fruit Salad Chocolate Cookie (G,E) Popcorn	Fruit Salad Yogurt & Granola (MI,G) Cheese and biscuits (MI,G)	Fruit salad Apple Crumble & Custard (MI,G)	Fruit Salad Fruit Jelly Yogurt (MI)

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Allergen Key														
	Gluten (G)	Crustaceans (CR)	Fish (F)	Peanuts (P)	Soybeans (S)	Milk (MI)	Nuts (N)	Celery (CE)	Mustard (MU)	Sesame (SS)	Sulphites (SD)	Lupin (L)	Molluscs (MO)	Eggs (E)

# Menu for Week 3 – 27<sup>th</sup> April to 1<sup>st</sup> May

	<b>Meat free Monday</b>	<b>Roast Tuesday</b>	<b>Wednesday</b>	<b>Pizza Thursday</b>	<b>Friday</b>
<b>Main</b>	Mild Creamy Thai Vegetable Curry	Roast Chicken	Beef Lasagna (G,MI)	Handmade Ham and Cheese Pizza (G,MI)	Bacon (SD) or BBQ Pulled Pork Baguette (CE,MU)
<b>Vegetarian option</b>	Sweet Chilli Vegetable Noodles (G)	Cauliflower and broccoli cheese (MI)	Vege Lasagna (G,MI)	Handmade Margarita Pizza. (G,MI)	BBQ Pulled Jackfruit Baguette (CE,MU) or Plant based Sausage Roll (G,S)
<b>Today's Special</b>	Mac & Cheese (MI,G)	Soup of the day served with a floured roll	Soup of the day served with a floured roll	Tomato and Basil Pasta (G)	Selection of Filled Panini's (G)
<b>Daily Options</b>	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)	Jacket Potato with a range of fillings including cheese (MI), beans (S), tuna mayo (F)  Selection of filled wraps and sandwiches (G)
<b>Served with....</b>	50/50 wholemeal rice Seasonal Vegetables	Rosemary Roast Potatoes Yorkshire Pudding (G,E,MI) Seasonal Vegetables Apple sauce	Herby Parmentier Potatoes Seasonal Salad	Seasoned Potato Wedges Broccoli Baked Beans (S) and Sweetcorn	French Fries Baked Beans (S) and Sweetcorn
<b>Salad Bar</b>	Lettuce, tomatoes, cucumber, carrot sticks, sweetcorn salad, cheese (MI)	Lettuce, tomatoes, cucumber, carrot sticks, noodle salad (G,S,SS), cheese (MI)	Lettuce, tomatoes, cucumber, carrot sticks, rice salad, cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, potato salad, cheese (MI)	Lettuce, tomatoes, cucumber, sliced peppers, pasta salad (G), cheese (MI)
<b>Dessert</b>	Fruit Salad Baked biscuit (G) Popcorn	Fruit salad Custard Tart (E,MI,G) Cheese and biscuits (G,MI)	Fruit Salad Ice cream (MI) Fruit Jelly	Fruit salad Fruit Scone (G,E) Yogurt (MI)	Fruit Salad Chocolate Crunch (E,G) Cheese and biscuits (G,MI)

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Allergen Key														
	Gluten (G)	Crustaceans (CR)	Fish (F)	Peanuts (P)	Soybeans (S)	Milk (MI)	Nuts (N)	Celery (CE)	Mustard (MU)	Sesame (SS)	Sulphites (SD)	Lupin (L)	Molluscs (MO)	Eggs (E)