

	Monday	Panini day Tuesday	Wednesday	Thursday	Friday
Main Meals Meat	Beef bolognese served with white rice	Ham and cheese panini	Beef meatballs in a tomato sauce served with rice	BBQ chicken served with white rice	Chicken Goujons Chicken tenders for seniors served with chips
ALLERGENS	Nil	Gluten milk	Gluten	Nil	Gluten in both
Main Meals Vegetarian	Mac n cheese	Cheddar cheese panini	Cheese and tomato wraps with salad	Vegetable pasta bake (also plain pasta)	Vegetable nuggets served with chips
ALLERGENS	Gluten milk	Gluten milk	Gluten milk	Gluten	Gluten soya bean mustard
Jacket Potato	Creamy coleslaw or grated cheese	Beef bolognese or grated cheese	Tuna mayonnaise or grated cheese	Chicken Mayonnaise or grated cheese	Baked beans or grated cheese
ALLERGENS	Egg, mustard in coleslaw milk in cheese	Milk in cheese	Fish, egg mustard in tuna milk in cheese	Egg, mustard in chicken milk in cheese	Milk in cheese
House Vegetables	Garden Peas and Sliced Carrots		Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas
Vegetable or Pulse of the Day	Broccoli	Side salad	Side salad	Mixed vegetables	Baked beans
Sandwich Choice	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps
ALLERGENS	Gluten, milk in all plus fish, mustard, eggs in tuna	Gluten,milk in all plus fish, mustard, eggs in tuna	Gluten, milk in all plus fish, mustard, eggs in tuna	Gluten, milk in all plus fish, mustard, eggs in tuna	Gluten, milk in all plus fish, mustard, eggs in tuna
Cold Deli	FRESHLY BAKED BREAD & SALAD AVAILABLE DAILY (Lettuce, Tomato and Cucumber) Plus a Chef's Choice				
Dessert of the Day	Mandarins	Rhubarb crumble and custard	Mike's lemon drizzle cake	Mike's flapjack	Strawberry and vanilla mousse
ALLERGENS	Nil	Gluten milk in crumble milk in custard	Gluten,egg,milk	Gluten milk in crumble milk in custard	Milk
Cold Dessert Choices	A SELECTION OF YOGHURTS, FRUBES,FRESH FRUITS, JELLIES AND CREAM CRACKERS WITH BUTTER DAILY				
	All Menus are subject to change depending on the circumstances of the daily business				