



Monday

Macaroni cheese baked with cannellini beans
and little broccoli trees - **Ce, Da, Mu**

High Tea: Selection of sandwich triangles made with wholemeal bread,
cucumber batons and seasonal citrus fruit to follow - **Ce, Da, Se**

Tuesday

Three bean chilli Served with cous cous
and sliced green beans - **Ce**

High Tea: Toasted and buttered crumpets served with free range scrambled eggs
and avocado slices with fresh pineapple chunks to follow - **Ce, Da, Eg**

Wednesday

Baked pizza roll ups stuffed with mushrooms, spinach and mozzarella.
Served with garlic and thyme potato cubes and crunchy carrot sticks - **Ce, Da**

High Tea: Simply traditional 'beans on toast' made with wholemeal bread fingers
and low salt and sugar baked beans, sprinkled with cheddar or dairy free
cheese if desired. Seasonal prepared fruit to follow - **Ce, Da**

Thursday

Italian lentils served with jasmine rice
and cucumber slices

High Tea: Selection of tortilla wraps served with pepper and cucumber
veggie sticks with freshly sliced melon wedges to follow - **Ce, Da**

Friday

Slow cooker vegetarian sausage casserole
served with new potatoes - **Ce1, Ce, Eg**

High Tea: Toasted pitta bread with hummus, cream cheese and dairy free dips served
with olives and cucumber slices with seasonal prepared fruit to follow - **Ce, Da**

~ **All lunches include a varied delicious dessert** ~



We only list the 14 food allergens:

Cereals (gluten, wheat, rye, barley, oats) Crustaceans (prawns, crab, lobster) Eggs, Fish, Peanuts, Soybeans, Dairy, Nuts, Celery,
Mustard, Sesame, Sulphur dioxide, Lupin, Mollusc (clams, mussels, whelks, oysters, snails)

All menu items are subject to availability and may change if necessary

