



Please remember to bring your £10 on Tuesday 9 July

Tuesday

Cajun chicken pasta (627kcal) (450g) total weight

Spirally pasta cooked with diced chicken breast, peppers, onions, mushrooms, spicy sauce, cream, parmesan and served with garlic bread slice & chopped salad

Contains: *Celery, Milk, Gluten (Wheat)*
May Contain: *Soya*

halal

Neopolitana pasta (404kcal) (306g) total weight

Pasta shells tossed with tomato sauce & cheddar cheese, served with garlic bread wedge

Contains: *Celery, Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*
May Contain: *Soya*

Vegetarian

Meatball calzones (652kcal) (334g) total weight

Mini calzone pizza pockets filled with meatballs & tomato sauce, and mozzarella cheese, served with potato wedges & salad

Contains: *Milk, SO2, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*
May Contain: *Celery*

Buttermilk chicken wrap (444kcal) (325g) total weight

Melt in the mouth buttermilk chicken, served in a warm tortilla wrap, rice served with the house salad.

Contains: *Eggs, Milk, Gluten (Wheat)*

A selection of sandwiches and jacket potatoes are also available



Wednesday

Neopolitana pasta (404kcal) (306g) total weight

Pasta shells tossed with tomato sauce & cheddar cheese, served with garlic bread wedge

Contains: *Celery, Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*

May Contain: *Soya*

Vegetarian

Jalfrezi chicken curry (642kcal) (451g) total weight

Marinated chicken in a jalfrezi curry sauce, finished with coriander, served with rice, naan bread and chopped salad.

Contains: *Celery, Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*

Macaroni & cheese pasta (531kcal) (260g) total weight

An all-time classic, macaroni pasta in a rich cheese & cream sauce, served with garlic bread & chopped salad

Contains: *Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*

May Contain: *Soya*

Homemade cottage pie (297kcal) (292g) total weight

Finest steak mince with hidden vegetables and topped with creamy mashed potato

Contains: *No allergens present*

A selection of sandwiches and jacket potatoes are also available



Thursday

Neopolitana pasta (404kcal) (306g) total weight

Pasta shells tossed with tomato sauce & cheddar cheese, served with garlic bread wedge

Contains: *Celery, Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*
May Contain: *Soya*

Vegetarian

Roast chicken fillets (364kcal) (327g) total weight

Served with mashed potatoes and seasonal vegetables and gravy

Contains: *Milk*
May Contain: *Eggs, Soya, Gluten (Wheat)*

halal

Carvery roast pork (608kcal) (508g) total weight

Long and slow cooked pulled pork, served with mashed & roast potatoes, sage & onion stuffing, seasonal vegetables, Yorkshire puddings and rich gravy (Gluten free without the stuffing & Yorkshire)

Contains: *Eggs, Milk, SO2, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*
May Contain: *Soya*

Roast Quorn dinner (368kcal) (344g) total weight

Quorn dinner served with all the trimmings including our homemade giant Yorkshire puddings

Contains: *Eggs, Milk, Gluten (Barley, Oats, Rye, Spelt, Undefined, Wheat)*

A selection of sandwiches and jacket potatoes are also available