



	Dairy/Gluten Free	FODMAP	Allergy Free Dessert
Monday	House Made Meatballs, Pasta, Lemon & Thyme Roasted Courgettes, & Garden Salad	House Made Meatballs, Pasta, Lemon & Thyme Roasted Courgettes, & Garden Salad	Pear & Blackberry Compote, Soy Milk Custard
Tuesday	Tandoori Style Chicken Tikka Korma with Coriander Basmati Rice, Chutneys, Naan Bread & Poppadum's	Tandoori Style Chicken Tikka Korma with Coriander Basmati Rice, Chutneys, Naan Bread & Poppadum's	Strawberry & Banana Smoothie
Wednesday	BBQ Pulled Pork Shoulder Wrap with Mexican Black Beans, Shredded Gems, Slaw, Guacamole & Baked Potato Wedges	BBQ Pulled Pork Shoulder Wrap with Mexican Black Beans, Shredded Gems, Slaw, Guacamole & Baked Potato Wedges	Hot Fruity Flapjack
Thursday	Sweet & Sour Sticky Chicken Wings with Stir Fried Vegetable Rice Noodles & Prawn Crackers	Sweet & Sour Sticky Chicken Wings with Stir Fried Vegetable Rice Noodles & Prawn Crackers	Baked Apples & Cinnamon Custard
Friday	Battered Haddock, with Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar	Battered Haddock, with Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar	Chocolate Cookie