


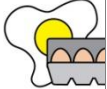
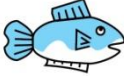
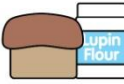










The Crunch- Menu Two

<i>Main course</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>1st Choice</i>	<i>Pizza</i>	<i>Lentil and Vegetable Bake</i>	<i>Roast chicken, roast or mash potatoes, broccoli and gravy</i>	<i>Lamb meat ball in tomato sauce, fussili, diced carrots</i>	<i>Cod fillet fish fingers, chips, baked beans</i>
<i>2nd Choice</i>	<i>Pasta bake</i>	<i>Chickpeas and potato curry with rice</i>	<i>Vegetarian Wellingtons, broccoli, gravy</i>	<i>Fussili, diced carrots, Chef's special tomato sauce</i>	<i>Macaroni cheese, baked beans</i>
<i>3rd Choice</i>	<i>Mixed vegetables</i>	<i>Sweetcorn</i>	<i>Crunchy vegetable crumble pie, roast or mash potatoes</i>	<i>Tomato sauce, fussili, diced carrots</i>	<i>Jacket potato with cheese or tuna mayonnaise, baked beans</i>
<i>Salad bar Extra</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Tuna mayonnaise Sliced Bread</i>	<i>Selection of salads Cheese Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>
<i>Dessert</i>	<i>Fruit yoghurt Selection of fresh fruit</i>	<i>Fruit pie Selection of fresh fruit</i>	<i>Milk shake Pancake and strawberry sauce Selection of fresh fruit</i>	<i>Marble Cake and custard Selection of fresh fruit</i>	<i>Ice cream Selection of fresh fruit</i>

DISHES AND THEIR ALLERGEN CONTENT Menu Two



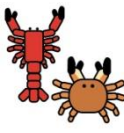
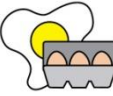
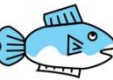
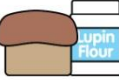








Monday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pizza	✓	✓											✓	
Pasta Bake		✓												
Potato wedges		✓					✓							
Yoghurt							✓							
Coleslaw				✓					✓					
Cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Two



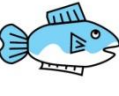





Tuesday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chickpea and potato curry														
Lentil and vegetable bake		X												
Fruit Pie		✓												
Rice	✓													
Yoghurt							✓							
Custard sauce							✓							
Coleslaw				✓					✓					
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Two




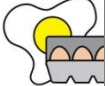
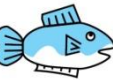
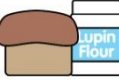






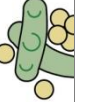

Wednesday

DISHES														
	Celery	Cereals containing gluten	Cheese	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast chicken	✓		Crustaceans											
Mash potato							✓						✓	
Roast potato		✓												
Vegetarian Wellington		✓		✓			✓							
Vegetable Crumble	✓	✓												
Milk shake							✓							
Pancake		✓		✓			✓						✓	
Coleslaw				✓					✓					
Tuna mayo				✓	✓				✓					
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Two





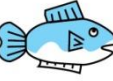
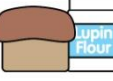








Thursday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Lamb meat ball sauce	✓													
Lamb bolognaise	✓													
Vegetable bolognaise	✓													
Yoghurt							✓							
Marble cake		✓					✓							
Coleslaw				✓					✓					
Tuna mayo				✓					✓					
Custard							✓							
cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu Two

Friday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Macaroni cheese	✓						✓							
Fish finger		✓			✓								✓	
Tuna mayo				✓	✓				✓					
Vanilla ice cream							✓							
Coleslaw				✓					✓					
cheese							✓							