

Monday	Tuesday	Wednesday	Thursday	Friday
British Beef Burger In a Floured Bap (GFA,EFA,MFA)	Piri Piri Marinated Chicken	Italian Meatballs in a Tomato & Basil Sauce (GFA,EFA,MFA)	Roast Free Range Chicken With Sage & Onion stuffing (GFA,EFA,MFA)	Battered MSC Cod Fillet Fish Finger (GFA,EFA,MFA)
Vegetarian Burger In a Floured Bap (GFA,EFA,MFA) *****	Vegetable Stew (GFA,EFA,MFA)	Quorn Vegetable Bolognese (GFA,MFA) *****	Creamy Leek, Onion & Potato Puff Pastry Wellington (GFA,EFA) *****	Vegan Vegetable Lasagne (GFA,EFA,MFA) *****
Seasoned Potato Wedges	Naan Bread	Spaghetti	Roast Potatoes	Thick Cut chips
Selection Of Seasonal Vegetables *****	Vegetable Rice	Homemade Garlic Bread	Selection Of Seasonal Vegetables *****	Baked Beans
Stewed Winter Fruits, Honey & Greek Yoghurt (GFA,EFA)	Peas & Sweetcorn *****	Selection Of Seasonal Vegetables *****	Chef's Special Chocolate, Marshmallow Rocky Road (GFA,EFA,MFA)	Medley Of Vegetables
	Warm Banana Sponge & Custard (GFA,EFA,MFA)	Winter Fruit Trifle Pot With Vanilla Cream (GFA,EFA,MFA)		Homemade Tartare Sauce *****
				Assorted Desserts (GFA,EFA,MFA)

Available Daily

- Grab & Go freshly prepared sandwiches & Wraps
- Daily Special bar with Pasta dish of the day & baked jacket potatoes
- Salad Bar with house salads, Selection of cheese, biscuits & cold meats
- Fresh seasonal fruit salad and assorted yoghurts
- Sub Counter create your own sandwich, wrap, baguette or ciabatta

Allergen Information

- MFA: Milk free option available
- GFA: Gluten free option available
- EFA: Egg free option available

We cater for all dietary requirements, for further information, please contact enquiries@shr.gdst.net

Week Commencing:

Monday 13th January 2025

