

Office Lunches

Menu A

Option 1

Breads

White Loaf
Malted Loaf
Wholemeal Loaf

Sandwich Fillings

Cheese & Onion Mayonnaise
Egg Mayonnaise
Chicken Mayonnaise
Tuna Mayonnaise
Roast Ham
Cheese & Tomato

Crisps & Dip

Hand Cooked Crisps with a
Sweet Chilli Dip

Selection of Seasonal Fruit

Red and Green Apples
Bananas
Oranges and Mandarins
Plums
Pears
Peaches



Allergens

Breads

Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats

Sandwich Fillings

Egg, Milk, Mustard
Egg, Milk, Mustard
Egg, Milk, Mustard
Fish, Egg, Milk, Mustard
Milk
Milk

Crisps & Dip

Crisps - Nil
Dip - Barley, Gluten, may contain traces of Peanuts

Selection of Seasonal Fruit

Nil
Nil
Nil
Nil
Nil
Nil



Office Lunches

Menu A

Option 2

Breads

White Loaf
Malted Loaf
Wholemeal Loaf

Sandwich Fillings

Cheese & Onion Mayonnaise
Sliced Egg & Cress
Barbeque Chicken
Roast Beef
Tuna & Sweetcorn
Cheese & Pickle

Crisps & Dip

Tortilla Chips with a
Salsa Dip

Selection of Seasonal Fruit

Red and Green Apples
Bananas
Oranges and Mandarins
Plums
Pears
Peaches



Allergens

Breads

Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats

Sandwich Fillings

Egg, Milk
Egg, Milk, Mustard
Milk, Soya, Wheat, Barley, Gluten
Milk
Fish, Egg, Milk, Mustard
Milk, Barley, Gluten

Crisps & Dip

Crisps - Nil
Dip - Nil

Selection of Seasonal Fruit

Nil
Nil
Nil
Nil
Nil
Nil



Office Lunches

Menu A

Option 3

Breads

Petit Pain Rolls

Sandwich Fillings

Cheese & Onion Mayonnaise

Savoury Egg

Sliced Egg & Tomato

Mango Chicken

Tuna & Onion

Roast Turkey

Crisps & Dip

Kettle Chips with a

Barbeque Dip

Selection of Seasonal Fruit

Red and Green Apples

Bananas

Oranges and Mandarins

Plums

Pears

Peaches



Allergens

Breads

Wheat, Gluten, Barley, Sesame

Sandwich Fillings

Egg, Milk, Mustard

Egg, Milk, Mustard

Egg, Milk

Milk

Fish, Egg, Milk, Mustard

Milk

Crisps & Dip

Crisps - Nil

Dip - Soya, Wheat, Barley, Celery, Gluten

Selection of Seasonal Fruit

Nil

Nil

Nil

Nil

Nil

Nil



Office Lunches

Menu B

Option 1

Breads

White Loaf
Wholemeal Loaf
Oatmeal Loaf

Sandwich Fillings

Cheese & Onion Mayonnaise
Egg Mayonnaise
Cheese & Tomato
Chicken & Sweetcorn
Chicken Mayonnaise
Tuna & Onion Mayonnaise
Roast Beef

Soup & Crusty Bread

Lentil Soup & Crusty Bread
with Flora Portion

Selection of Sliced Fruit

Honeydew Melon
Pineapple
Watermelon
Green & Black Grapes
Kiwi Fruit
Oranges
Strawberries
Raspberries



Allergens

Breads

Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats

Sandwich Fillings

Egg, Milk, Mustard
Egg, Milk, Mustard
Milk
Egg, Milk, Mustard
Egg, Milk, Mustard
Fish, Egg, Milk, Mustard
Milk

Soup & Crusty Bread

Soup - Celery
Crusty Bread - Wheat, Gluten, Soya, Rye, Barley, Oats
Flora Portion - Milk

Selection of Sliced Fruit

Nil
Nil
Nil
Nil
Nil
Nil
Nil
Nil



Office Lunches

Menu B

Option 2

Breads

Petit Pain Rolls

Sandwich Fillings

Cheese & Onion Mayonnaise

Sliced Egg & Cress

Cheese & Pickle

Sweet Chilli Chicken

Chicken Mayonnaise

Tuna Mayonnaise

Roast Ham & Tomato

Soup & Dinner Roll

Country Vegetable Soup &

Dinner Roll with Flora Portion

Selection of Sliced Fruit

Honeydew Melon

Pineapple

Watermelon

Green & Black Grapes

Kiwi Fruit

Oranges

Strawberries

Raspberries



Allergens

Breads

Wheat, Gluten

Sandwich Fillings

Egg, Milk, Mustard

Egg, Milk

Milk, Barley, Gluten

Milk, Barley, may contain traces of Peanuts

Egg, Milk, Mustard

Fish, Egg, Milk, Mustard

Milk

Soup & Dinner Roll

Soup - Sulphites, Celery

Dinner Roll - Wheat, Gluten, Soya, Rye, Barley, Oats

Flora Portion - Milk

Selection of Sliced Fruit

Nil

Nil

Nil

Nil

Nil

Nil

Nil

Nil



Office Lunches

Menu B

Option 3

Breads

White Loaf
Wholemeal Loaf
Oatmeal Loaf

Sandwich Fillings

Cheese & Onion Mayonnaise
Savoury Egg
Sliced Egg & Tomato
Chicken Tikka
Chicken Mayonnaise
Tuna & Sweetcorn Mayonnaise
Turkey & Coleslaw

Soup & Petit Pan Roll

Yellow Split Pea Soup & Petit
Pain Roll with Flora Portion

Selection of Sliced Fruit

Honeydew Melon
Pineapple
Watermelon
Green & Black Grapes
Kiwi Fruit
Oranges
Strawberries
Raspberries



Allergens

Breads

Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats
Wheat, Gluten, Soya, Rye, Barley, Oats

Sandwich Fillings

Egg, Milk, Mustard
Egg, Milk, Mustard
Egg, Milk
Egg, Milk, Mustard
Egg, Milk, Mustard
Fish, Egg, Milk, Mustard
Egg, Milk, Mustard

Soup & Petit Pain Roll

Soup - Nil
Petit Pain Roll - Wheat, Gluten, Soya, Rye, Barley, Oats
Flora Portion - Milk

Selection of Sliced Fruit

Nil
Nil
Nil
Nil
Nil
Nil
Nil
Nil

