



**Tuesday 18<sup>th</sup> July 2017**

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**Mains - £2.60**

**Tikka Chicken Khobez Wrap**

With crispy salad & tomato & mango relish

**Beef Massaman**

With rice & prawn crackers

**Wild Mushroom & Fennel Ragu Stuffed Aubergine (V)**

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**Sides**

Honey & Parsley Glazed Carrots- 40p

Buttered Peas - 40p

Fries - 50p

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**The Market Salad Bowls (V) - £1.60**

Lentil Salad

Pasta, Broccoli & Blue Cheese Salad

Miso Cucumber, Edamame Green Bean & Carrot Salad

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**Original Jacket or Sweet Potato - 40p**

*Optional jacket fillings*

**Baked Beans - 25p**

(A range of Additional Hot Snacks are also available)

Allergen check sheet																	
Date: 18/07/2017		Shift/Service: Lunch/Dinner		Notes:													
Product	Supplier AND/OR Manufacturer	Cereals containing gluten (wheat, barley, rye, oats, kamut, spelt)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts (Specify Type)	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Signed	
Sweetcorn Chowder Soup								x		x						MC	
Pulled Beef Tagine & Rice										x	X					MC	
Beef Massaman With White Rice & Prawn Crackers		Wheat	x		x			x	Peanuts	x	x		X			MC	
Tikka Chicken Khobez With Crispy Salad , Tomato & Mango Chutney		Wheat						x		x	x		X			MC	
Wild Mushroom & Fennel Ragu Stuffed Aubergine													X			MC	
Fries																MC	
Honey & Parsley Glazed Carrots																MC	
Butter Peas								X								MC	
Jacket / Sweet Potato																MC	
Beans																MC	
Hummingbird Cake		Wheat		x				x	Pecans				X			MC	
Lentil Salad										x			x			MC	
Pasta, Broccoli & Blue Cheese Salad		Wheat		x				x			x					MC	
Miso Cucumber, Edamame Green Bean & Carrot Salad								x								MC	

**\*IMPORTANT INFORMATION\***

Please note that our allergen information with regards to all menu items here at Sky are updated daily at 11:30 hours and published on Food@Sky. This is to ensure complete accuracy of the information provided. We do however ask you to take responsibility to inform a Gather & Gather team member of any special dietary requirements including allergies or intolerances that you may have. This is due to various circumstances which may arise out of our control following our publication at 11:30. We at Gather & Gather adhere to strict controls with all our ingredients, ensuring your health & wellbeing. **We look forward to assisting you.**



## Fancy a Sneak Peek?

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### Monday

Hot & Sour Chicken Burger With Sweet Pickled Slaw  
Roasted Goan Curry With White Rice  
Quorn Lasagne With Balsamic Salad & Garlic Slice **(V)**

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### Tuesday

Tikka Chicken Khobez Wrap With Crispy Salad & Tomato, Mango Relish  
Beef Massaman With White Rice & Prawn Crackers  
Wild Mushroom & Fennel Ragu Stuffed aubergine **(V)**

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### Wednesday

Pulled Chicken Open Burrito With Rice, Refried Beans & Hot Sauce  
Breaded Fish Cakes With A Fresh Leaf, Pea & Radish Salad With Caper Mayo  
Sweet & Sour Vegetables With Noodles **(V)**

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### Thursday

Katsu Curry Burger With Spiced Veg & Katsu Sauce  
Chicken & Mushroom Pie With Roast New Potatoes  
Vegetable Moussaka With Garlic Bread **(V)**

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### Friday

Chilli Glazed Gammon & Pineapple Burger  
Breaded Fish & Chips With Lemon wedge & Tartare Sauce  
Mixed Vegetable Fajita With Hot Sauce & Sour Cream **(V)**

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### Saturday

Chicken Rogan Josh With White Rice, Poppadum & Chutney  
Pork Stroganoff With White Rice & Pickles  
Brie & Apple Tart With Caramelised Onion Chutney **(V)**

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### Sunday

Harissa Lamb Khobez Kofta With Crispy Salad With Tzatziki  
Treacle Glazed Gammon Roast With Roasted Potatoes  
Roast Pepper, Spinach & Feta Spanish Tortilla **(V)**

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