



Monday

MAIN MEAL

**Cheese & tomato
margherita pizza**
GLUTEN/MILK

VEGGIE MEAL

**Cauliflower cheese pasta
bake**
GLUTEN/MILK/MUSTARD

SIDES

Wholemeal pasta
GLUTEN
Sweetcorn & carrots

DESSERT

Strawberry mousse
MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK

Tuna mayo
EGG/FISH

SANDWICHES

Ham
GLUTEN/MILK

Cheese
GLUTEN/MILK

Tuna mayo
EGG/FISH/GLUTEN/MILK

Chicken tikka wrap
GLUTEN

Tuesday

MAIN MEAL

Toad in the hole
GLUTEN/EGG/MILK/SULPHITES

VEGGIE MEAL

Vegan Cumberland sausage
GLUTEN

SIDES

Mashed potato
MILK
Peas & carrots
Gravy

DESSERT

Blackberry & apple sponge
with custard
GLUTEN/MILK/EGG

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK

Tuna mayo
EGG/FISH

SANDWICHES

Ham
GLUTEN/MILK

Cheese
GLUTEN/MILK

Tuna mayo
EGG/FISH/GLUTEN/MILK

Chicken tikka wrap
GLUTEN

Wednesday

MAIN MEAL

**Roast chicken dinner with
Yorkshire pudding**
GLUTEN/MILK/EGG

VEGGIE MEAL

**Veggie sausage with
mash & gravy**
MILK

SIDES

Roast potatoes
Roasted root vegetables

DESSERT

Oat & raisin cookie
GLUTEN

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK

Tuna mayo
EGG/FISH

SANDWICHES

Ham
GLUTEN/MILK

Cheese
GLUTEN/MILK

Tuna mayo
EGG/FISH/GLUTEN/MILK

Chicken tikka wrap
GLUTEN

Thursday

MAIN MEAL

Chicken tikka masala curry

VEGGIE MEAL

Penne pasta & tomato sauce
GLUTEN

SIDES

White & wholegrain rice
Mixed salad bowl

DESSERT

Lemon drizzle cake
GLUTEN/EGGS

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK

Tuna mayo
EGG/FISH

SANDWICHES

Ham
GLUTEN/MILK

Cheese
GLUTEN/MILK

Tuna mayo
EGG/FISH/GLUTEN/MILK

Chicken tikka wrap
GLUTEN

Friday

MAIN MEAL

MSC fish finger bap
GLUTEN/FISH

VEGGIE MEAL

Cheesy potato taquitos
GLUTEN/MILK

SIDES

Oven baked chips
Baked beans or peas

DESSERT

Strawberry & coconut
sponge with custard
GLUTEN/MILK/EGGS/SULPHITES

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK

Tuna mayo
EGG/FISH

SANDWICHES

Ham
GLUTEN/MILK

Cheese
GLUTEN/MILK

Tuna mayo
EGG/FISH/GLUTEN/MILK

Chicken tikka wrap
GLUTEN



Remember
to drink plenty of
water with your
lunch and earn
yourself a **sticker**
from **Holden!**