THE POSITIVES

WEEK TWO

AVAILABLE DAILY – SELF SERVE STATIONS
Salad bar, fruit bar, breads, cheese & yoghurts
Water & fruit juices

Monday

MAIN MEAL
Sausage & pasta bake
GLUTEN/MILK/MUSTARD/SULPHITES

VEGGIE MEAL
Mexican style chilli
SOYA

SIDES
Oven baked potato wedges
Carrots & peas

DESSERT
Oaty apple crumble & custard
MILK/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

Tuesday

MAIN MEAL
Pasta carbonara
GLUTEN/MILK

VEGGIE MEAL
Chinese vegetable chow mein
GLUTEN/EGG/SOYA

SIDES
Half jacket potato
Mixed salad

DESSERT
Banana flapjack
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

Wednesday

MAIN MEAL
Roast pork dinner with Yorkshire pudding
GLUTEN/EGG/MILK

VEGGIE MEAL
Veggie toad in the hole
GLUTEN/EGG/MILK/CELERY

SIDES
Roast potatoes
Shredded cabbage
Gravy

DESSERT
Orange jelly

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
Beef lasagne
GLUTEN/MILK/MUSTARD

VEGGIE MEAL
Vegetable pizza slice
GLUTEN/MILK

SIDES
Garlic herb potatoes
Cauliflower & green beans

DESSERT
Chocolate brownie
GLUTEN/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

Friday

MAIN MEAL
Breaded salmon fish cake
GLUTEN/FISH

VEGGIE MEAL
Cheese & tomato panini
GLUTEN/MILK

SIDES
Oven baked chips
Baked beans or peas

DESSERT
Double chocolate mousse
GLUTEN/EGG/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

Remember - the more **salad** & **fruit** you eat will earn you a **sticker** from **Nia**

Allergen Coding: ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH