



WEEK FOUR

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



Monday

MAIN MEAL

Pepperoni pizza

GLUTEN/MILK/MUSTARD/SOYA

VEGGIE MEAL

Mac 'n' bean bake

GLUTEN/MILK/MUSTARD

SIDES

Oven baked mini jacket

Peas & sweetcorn

DESSERT

Carrot cake

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

Tuesday

MAIN MEAL

Crispy chicken stir-fried rice

GLUTEN/EGG/SOYA

VEGGIE MEAL

Vegetable lasagne

CELERY/GLUTEN/MILK

SIDES

Wholemeal pasta

GLUTEN

Green beans & carrots

DESSERT

Berry fool

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

Wednesday

MAIN MEAL

Roast chicken dinner with

Yorkshire pudding

GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie meatballs with

gravy

SOYA

SIDES

Roast potatoes

Cauliflower & broccoli

DESSERT

Raspberry 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

Thursday

MAIN MEAL

Mexican chilli beef

burrito

GLUTEN

VEGGIE MEAL

Singapore noodles

GLUTEN/SOYA

SIDES

Brown rice

Mixed salad

DESSERT

Apple & banana cake

GLUTEN/EGG/MILK/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

Friday

MAIN MEAL

Mini fish & chips

GLUTEN/FISH/MILK

VEGGIE MEAL

Lentil & cheese sausage

roll

GLUTEN/EGG/MILK

SIDES

Oven baked chips

Baked beans or peas

DESSERT

Fruit 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



Remember to
switch off lights or the
TV when not in use and
recycle any **plastic bottles**
or **cartons** in the **right**
bin. Come and **tell us**
what you've done and earn
yourself a **sticker**
from **Sabe**

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH