

WEEK ONE

AVAILABLE DAILY – SELF SERVICE BAR
Salad bar, fruit bar, homemade
breads & water.



Monday

MAIN MEAL
Pepperoni Pizza
GLUTEN/MILK

VEGGIE MEAL
Margherita Pizza
GLUTEN/MILK

SIDES
Baked Jacket Wedges
Sweetcorn & Carrots
Homemade Bread *GLUTEN*

DESSERT
Banana Flapjack
GLUTEN

JACKET POTATO FILLINGS
Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI
Ham
GLUTEN/SOYA
Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Tuesday

MAIN MEAL
Bangers & Mash
GLUTEN/MILK/SULPHITES

VEGGIE MEAL
Veggie Bangers & Mash
MILK/SOYA

SIDES
Mashed Potato *MILK*
Peas & Carrots
Gravy
Homemade Bread *GLUTEN*

DESSERT
Vanilla Sponge & Custard
GLUTEN/MILK/EGG

JACKET POTATO FILLINGS
Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI
Ham
GLUTEN/SOYA
Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Wednesday

MAIN MEAL
Roast Chicken Dinner
with Yorkshire Pudding

GLUTEN/MILK/EGG

VEGGIE MEAL
Veggie Roast Dinner
GLUTEN/MILK/EGG

SIDES
Roast Potatoes
Roasted Root Vegetables
Gravy
Homemade Bread *GLUTEN*

DESSERT
Chocolate Crunch
GLUTEN/EGG

JACKET POTATO FILLINGS
Baked Beans
Cheese *MILK*
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI
Ham
GLUTEN/SOYA
Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Thursday

MAIN MEAL
Pasta Bolognese
GLUTEN

VEGGIE MEAL
Tomato Penne Pasta
GLUTEN

SIDES
Garlic Bread - *GLUTEN*
Pasta - *GLUTEN*
Green Beans & Broccoli
Homemade Bread *GLUTEN*

DESSERT
Iced Cupcakes
GLUTEN/MILK/EGGS

JACKET POTATO FILLINGS
Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI
Ham
GLUTEN/SOYA
Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Friday

MAIN MEAL
Fish & Chips
GLUTEN/FISH

VEGGIE MEAL
Cheese & Tomato Panini
GLUTEN/MILK

SIDES
Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*

DESSERT
Chocolate Brownie
GLUTEN/MILK/EGG

JACKET POTATO FILLINGS
Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI
Ham
GLUTEN/SOYA
Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA



Remember to
drink plenty
of **Water** with
your lunch.