

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.