

THE POSITIVES

WEEK THREE

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



Monday

MAIN MEAL

Chicken Goujons
MAY CONTAIN
SOYA/MILK/MILK/MUSTARD

VEGGIE MEAL

Cheese Pasty
GLUTEN/EGGS/MILK

SIDES

Chips
Bakes Beans & Carrots
Homemade Bread *GLUTEN*

DESSERT

Fruity Flapjack
GLUTEN

**JACKET POTATO
FILLINGS**

Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA
Ham
GLUTEN/SOYA

Tuesday

MAIN MEAL

Plain Beefburger Bun
GLUTEN/SOYA/SULPHITES

VEGGIE MEAL

Veggie Burger Bun
GLUTEN/SOYA/MILK/EGG

SIDES

Potato Wedges
Sweetcorn & Peas
Homemade Bread *GLUTEN*

DESSERT

Toffee apple sponge &
custard
GLUTEN/EGGS/MILK

**JACKET POTATO
FILLINGS**

Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA
Ham
GLUTEN/SOYA

Wednesday

MAIN MEAL

**Roast Chicken Dinner
with Yorkshire Pudding**
GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie Roast Dinner
GLUTEN/MILK/EGG

SIDES

Roast Potatoes
Roasted Carrots &
Cauliflower
Homemade Bread *GLUTEN*

DESSERT

Chocolate Cookie
GLUTEN/EGG
MAY CONTAIN MILK

**JACKET POTATO
FILLINGS**

Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA
Ham
GLUTEN/SOYA

Thursday

MAIN MEAL

Italiano Chicken Pasta
GLUTEN

VEGGIE MEAL

Mac “n” Cheese
GLUTEN/MILK/MUSTARD

SIDES

Pasta *GLUTEN*
Green Beans & Sweetcorn
Homemade Bread *GLUTEN*

DESSERT

Banana muffin
GLUTEN/EGG
MAY CONTAIN MILK

**JACKET POTATO
FILLINGS**

Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA
Ham
GLUTEN/SOYA

Friday

MAIN MEAL

Fish & Chips
GLUTEN/FISH

VEGGIE MEAL

Mozzarella Panini
GLUTEN/MILK

SIDES

Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*

DESSERT

Lemon Shortbread
GLUTEN/MILK

**JACKET POTATO
FILLINGS**

Baked Beans
Cheese
MILK
Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA
Ham
GLUTEN/SOYA



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.

Allergen Coding: ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK