

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Pepperoni Pizza GLUTEN/MILK  MAY CONTAIN SOYA	BBQ Chicken & Rice CELERY	Roast Chicken Dinner and Gravy	Bangers & Mash with Gravy GLUTEN/MILK/SULPHITES	Fish & Chips FISH/GLUTEN
<b>VEGGIE MEAL</b>	Margarita Pizza GLUTEN/MILK  MAY CONTAIN SOYA	Tomato Penne Pasta Homemade Garlic Bread GLUTEN	Vegan Sausages with Roast Potatoes & Gravy	Vegetable Curry & Rice	Plain Veggie Burger GLUTEN/SOYA
<b>SIDES</b>	Baked Jacket Wedges Sweetcorn & Carrots  Homemade Bread GLUTEN MAY CONTAIN EGGS/MILK/SOYA	Garlic Bread (GLUTEN) Plain Pasta (GLUTEN) Green Beans Homemade Bread GLUTEN MAY CONTAIN EGGS/MILK/SOYA	Roast Potatoes Roasted Root Vegetables Gravy Homemade Bread GLUTEN MAY CONTAIN EGGS/MILK/SOYA	GLUTEN Mashed Potato MILK Carrots, Peas Gravy Homemade Bread GLUTEN MAY CONTAIN EGGS/MILK/SOYA	Chips Baked Beans or Peas  Homemade Bread GLUTEN MAY CONTAIN EGGS/MILK/SOYA
<b>JACKET POTATO FILLINGS</b>	Baked Beans Cheese – MILK Tuna Mayo – EGG/FISH	Baked Beans Cheese – MILK Tuna Mayo – EGG/FISH	Baked Beans Cheese – MILK Tuna Mayo – EGG/FISH	Baked Beans Cheese – MILK Tuna Mayo – EGG/FISH	Baked Beans Cheese – MILK Tuna Mayo – EGG/FISH
<b>HOT PANINIS</b>	Cheese GLUTEN/MILK Tuna Mayo GLUTEN/EGG/FISH Ham GLUTEN	Cheese GLUTEN/MILK Tuna Mayo GLUTEN/EGG/FISH Ham GLUTEN	Cheese GLUTEN/MILK Tuna Mayo GLUTEN/EGG/FISH Ham GLUTEN	Cheese GLUTEN/MILK Tuna Mayo GLUTEN/EGG/FISH Ham GLUTEN	Cheese GLUTEN/MILK Tuna Mayo GLUTEN/EGG/FISH Ham GLUTEN
<b>DESSERT</b>	Banana Flapjack GLUTEN	Vanilla Shortbread GLUTEN	Chocolate Cookie GLUTEN/EGG MAY CONTAIN MILK	Fruit Jelly	Carrot Cake GLUTEN/EGG MAY CONTAIN MILK

AVAILABLE DAILY – SELF SERVE STATIONS  
SALAD BAR, FRUIT BAR & BREADS  
WATER & FRUIT JUICES

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Italian Bolognese with Homemade Garlic Bread <i>GLUTEN/CELERY</i>	Plain Beef Burger <i>GLUTEN/SOYA/SULPHITES</i>	Roast Gammon Dinner with Stuffing, Roast Potatoes & Gravy <i>GLUTEN</i>	Chicken Tikka Masala Curry	Fish Finger and Chips Or Salmon Fish Finger and Chips  <i>FISH/GLUTEN</i>
<b>VEGGIE MEAL</b>	Shepherdless Pie <i>SOYA/MILK</i>	Cheese & Tomato Pizza <i>GLUTEN/MILK</i> <i>MAY CONTAIN SOYA</i>	Vegetable Wellington Roast Dinner <i>GLUTEN/EGGS</i>	Vegan Pasta Bolognese <i>GLUTEN/SOYA</i>	Vegan Sausage
<b>SIDES</b>	Garlic Bread ( <i>GLUTEN</i> ) Broccoli & Sweetcorn  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN</i> <i>EGGS/MILK/SOYA</i>	Wedges Greek salad  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN</i> <i>EGGS/MILK/SOYA</i>	Roast potatoes & gravy Carrots & cauliflower  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN</i> <i>EGGS/MILK/SOYA</i>	Plain Rice Plain Pasta <i>GLUTEN</i> Green Beans  Homemade bread <i>GLUTEN</i> <i>MAY CONTAIN</i> <i>EGGS/MILK/SOYA</i>	Chips Baked Beans or Peas Gravy Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN</i> <i>EGGS/MILK/SOYA</i>
<b>JACKET POTATO FILLINGS</b>	Baked beans Cheese – <i>MILK</i> Tuna mayo – <i>EGG/FISH</i>	Baked beans Cheese – <i>MILK</i> Tuna mayo – <i>EGG/FISH</i>	Baked beans Cheese – <i>MILK</i> Tuna mayo – <i>EGG/FISH</i>	Baked beans Cheese – <i>MILK</i> Tuna mayo – <i>EGG/FISH</i>	Baked beans Cheese – <i>MILK</i> Tuna mayo – <i>EGG/FISH</i>
<b>HOT PANINIS</b>	Cheese <i>GLUTEN/MILK</i> Tuna mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>
<b>DESSERT</b>	Cornflake Bake <i>GLUTEN</i>	Chocolate Oorange Sponge <i>GLUTEN/EGG</i>	Fruit Jelly	Iced Vanilla Sponge Cake <i>GLUTEN/EGG</i>	Strawberry Scone <i>GLUTEN/EGG/MILK</i>

AVAILABLE DAILY – SELF SERVE STATIONS  
SALAD BAR, FRUIT BAR & BREADS  
WATER & FRUIT JUICES

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	BBQ Chicken & Wrap <i>GLUTEN</i>	Cottage Pie  <i>CONTAINS/ MILK/ IF SERVED WITH CHEESE</i>	Roast Chicken Dinner & Gravy	Chicken Korma Curry & Rice	Fillet of Fish & Chips <i>FISH</i>
<b>VEGGIE MEAL</b>	Vegan Meat Balls in tomato sauce with pasta <i>GLUTEN/SOYA</i>	Cheese & Tomato Pizza <i>GLUTEN/MILK</i> <i>MAY CONTAIN SOYA</i>	Vegetable Toad in the Hole <i>GLUTEN/EGG/MILK</i>	Mac 'n' Cheese <i>GLUTEN/MILK</i>	Spanish Omelette & Chips <i>EGG/MILK</i>
<b>SIDES</b>	Chips Plain Pasta <i>GLUTEN</i> Baked Beans & Carrots  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN EGGS/MILK/SOYA</i>	Potato Wedges Sweetcorn & Peas  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN EGGS/MILK/SOYA</i>	Roast Potatoes Roasted Carrots & Cauliflower  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN EGGS/MILK/SOYA</i>	Plain Pasta <i>GLUTEN</i> Green Beans & Sweetcorn  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN EGGS/MILK/SOYA</i>	Chips Baked Beans or Peas  Homemade Bread <i>GLUTEN</i> <i>MAY CONTAIN EGGS/MILK/SOYA</i>
<b>JACKET POTATO FILLINGS</b>	Baked Beans Cheese – <i>MILK</i> Tuna Mayo – <i>EGG/FISH</i>	Baked Beans Cheese – <i>MILK</i> Tuna Mayo – <i>EGG/FISH</i>	Baked Beans Cheese – <i>MILK</i> Tuna Mayo – <i>EGG/FISH</i>	Baked Beans Cheese – <i>MILK</i> Tuna Mayo – <i>EGG/FISH</i>	Baked Beans Cheese – <i>MILK</i> Tuna Mayo – <i>EGG/FISH</i>
<b>HOT PANINIS</b>	Cheese <i>GLUTEN/MILK</i> Tuna Mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna Mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna Mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna Mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>	Cheese <i>GLUTEN/MILK</i> Tuna Mayo <i>GLUTEN/EGG/FISH</i> Ham <i>GLUTEN</i>
<b>DESSERT</b>	Orange Drizzle Cake <i>GLUTEN/EGGS</i>	Toffee Sponge Cake <i>GLUTEN/EGGS/MILK</i>	Ginger Biscuit <i>GLUTEN</i> <i>MAY CONTAIN MILK</i>	Banana Muffin <i>GLUTEN/EGGS</i> <i>MAY CONTAIN MILK</i>	Fruit Jelly
AVAILABLE DAILY – SELF SERVE STATIONS SALAD BAR, FRUIT BAR & BREADS WATER & FRUIT JUICES					