



## WEEK THREE

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



### Monday

#### MAIN MEAL

Chicken & bacon pie  
*GLUTEN/MILK/CELERY/EGG*

#### VEGGIE MEAL

Sweet & sour 'chicken' &  
noodles  
*GLUTEN/SOYA*

#### SIDES

Mashed potato  
Broccoli & carrots

#### DESSERT

Fruity flapjack  
*GLUTEN*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*  
Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Cheese  
*GLUTEN/MILK*  
Tuna mayo  
*EGG/FISH/GLUTEN/MILK*  
Ham  
*GLUTEN/MILK*  
Chicken tikka wrap  
*GLUTEN*

### Tuesday

#### MAIN MEAL

Cheeseburger  
*GLUTEN/MILK/SOYA/SULPHITES*

#### VEGGIE MEAL

Mac 'n' cheese  
*GLUTEN/MILK/MUSTARD*

#### SIDES

Potato wedges  
Sweetcorn & peas

#### DESSERT

Toffee apple sponge &  
custard  
*GLUTEN/EGGS/MILK*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*  
Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Cheese  
*GLUTEN/MILK*  
Tuna mayo  
*EGG/FISH/GLUTEN/MILK*  
Ham  
*GLUTEN/MILK*  
Chicken tikka wrap  
*GLUTEN*

### Wednesday

#### MAIN MEAL

Roast chicken dinner with  
Yorkshire pudding  
*GLUTEN/EGG/MILK*

#### VEGGIE MEAL

Veggie sausage toad in  
the hole with gravy  
*GLUTEN/MILK/EGG/SOYA*

#### SIDES

Roast potatoes  
Roasted carrots &  
cauliflower

#### DESSERT

Chocolate cookie  
*GLUTEN/EGG*  
*MAY CONTAIN MILK*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*  
Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Cheese  
*GLUTEN/MILK*  
Tuna mayo  
*EGG/FISH/GLUTEN/MILK*  
Ham  
*GLUTEN/MILK*  
Chicken tikka wrap  
*GLUTEN*

### Thursday

#### MAIN MEAL

Italiano chicken pasta  
*GLUTEN*

#### VEGGIE MEAL

Mozzarella & tomato  
panini  
*GLUTEN/MILK*

#### SIDES

Pasta (*GLUTEN*)  
Green beans & sweetcorn

#### DESSERT

Banana muffin  
*GLUTEN/EGG*  
*MAY CONTAIN MILK*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*  
Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Cheese  
*GLUTEN/MILK*  
Tuna mayo  
*EGG/FISH/GLUTEN/MILK*  
Ham  
*GLUTEN/MILK*  
Chicken tikka wrap  
*GLUTEN*

### Friday

#### MAIN MEAL

Mini fish & chips  
*GLUTEN/FISH*

#### VEGGIE MEAL

Veggie burger  
*GLUTEN/MILK/EGG/SOYA*

#### SIDES

Oven baked potato chips  
Baked beans or peas

#### DESSERT

Chocolate milkshake &  
shortbread  
*GLUTEN/MILK*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*  
Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Cheese  
*GLUTEN/MILK*  
Tuna mayo  
*EGG/FISH/GLUTEN/MILK*  
Ham  
*GLUTEN/MILK*  
Chicken tikka wrap  
*GLUTEN*



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