



WEEK ONE

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



Monday

MAIN MEAL

Pepperoni pizza

GLUTEN/MILK/MUSTARD/SOYA

VEGGIE MEAL

Margherita pizza

GLUTEN/MILK

SIDES

Baked jacket wedges
Sweetcorn & carrots

DESSERT

Banana flapjack
GLUTEN

JACKET POTATO

FILLINGS

Baked beans

Cheese

MILK

Tuna mayo

EGG/FISH

SANDWICHES

Ham

GLUTEN/MILK

Cheese

GLUTEN/MILK

Tuna mayo

EGG/FISH/GLUTEN/MILK

Chicken tikka wrap

GLUTEN

Tuesday

MAIN MEAL

Bangers & mash

GLUTEN/MILK/SULPHITES

VEGGIE MEAL

Veggie bangers & mash

MILK/SOYA

SIDES

Mashed potato
MILK
Peas & carrots
Gravy

DESSERT

Pineapple upside down cake
with custard
GLUTEN/MILK/EGG

JACKET POTATO

FILLINGS

Baked beans

Cheese

MILK

Tuna mayo

EGG/FISH

SANDWICHES

Ham

GLUTEN/MILK

Cheese

GLUTEN/MILK

Tuna mayo

EGG/FISH/GLUTEN/MILK

Chicken tikka wrap

GLUTEN

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

DESSERT

Chocolate crunch
GLUTEN/EGG

JACKET POTATO

FILLINGS

Baked beans

Cheese

MILK

Tuna mayo

EGG/FISH

SANDWICHES

Ham

GLUTEN/MILK

Cheese

GLUTEN/MILK

Tuna mayo

EGG/FISH/GLUTEN/MILK

Chicken tikka wrap

GLUTEN

Thursday

MAIN MEAL

Pasta Bolognese

GLUTEN

VEGGIE MEAL

Tomato penne pasta

GLUTEN

SIDES

Garlic bread
Pasta
Green beans & broccoli

DESSERT

Strawberry cheesecake
GLUTEN/MILK
MAY CONTAIN EGG/SOYA

JACKET POTATO

FILLINGS

Baked beans

Cheese

MILK

Tuna mayo

EGG/FISH

SANDWICHES

Ham

GLUTEN/MILK

Cheese

GLUTEN/MILK

Tuna mayo

EGG/FISH/GLUTEN/MILK

Chicken tikka wrap

GLUTEN

Friday

MAIN MEAL

MSC fish finger bap

GLUTEN/FISH/SOYA

VEGGIE MEAL

Cheesy & tomato panini

GLUTEN/MILK

SIDES

Oven baked chips
Baked beans or peas

DESSERT

Pear & chocolate sponge
with custard
GLUTEN/MILK/EGGS

JACKET POTATO

FILLINGS

Baked beans

Cheese

MILK

Tuna mayo

EGG/FISH

SANDWICHES

Ham

GLUTEN/MILK

Cheese

GLUTEN/MILK

Tuna mayo

EGG/FISH/GLUTEN/MILK

Chicken tikka wrap

GLUTEN



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

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH