



# THIS WEEK

**AVAILABLE DAILY - SELF SERVE STATIONS**  
Salad bar, fruit bar, breads, cheese & yoghurts  
Water & fruit juices



## Monday

### MAIN MEALS

Cheese & tomato  
margherita pizza  
GLUTEN/MILK

Vegan Moroccan style  
meatballs  
GLUTEN/SOYA

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Wholemeal pasta - GLUTEN  
Sweetcorn & carrots  
Baked beans

### SANDWICHES

Cheese  
GLUTEN/MILK  
Tuna mayo  
EGG/FISH/GLUTEN/MILK  
Egg mayo  
GLUTEN/EGG/MILK  
Ham  
GLUTEN/MILK

Chicken tikka wrap  
GLUTEN/CELERY

### DESSERT

Strawberry mousse with  
shortbread - GLUTEN/MILK

## Tuesday

### MAIN MEALS

Cumberland sausage  
GLUTEN

Vegan Cumberland sausage  
GLUTEN/CELERY/SULPHITES

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Mashed potato - MILK  
Peas & carrots  
Baked beans  
Gravy

### SANDWICHES

Cheese  
GLUTEN/MILK  
Tuna mayo  
EGG/FISH/GLUTEN/MILK  
Egg mayo  
GLUTEN/EGG/MILK  
Ham  
GLUTEN/MILK

Chicken tikka wrap  
GLUTEN/CELERY

### DESSERT

Blackberry & apple  
sponge with custard  
GLUTEN/MILK/EGG

## Wednesday

### MAIN MEALS

Roast pork dinner with  
Yorkshire pudding  
GLUTEN/MILK/EGG

Cheese & tomato tart  
GLUTEN/MILK/EGG

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Roast potatoes  
Roasted root vegetables

### SANDWICHES

Cheese  
GLUTEN/MILK  
Tuna mayo  
EGG/FISH/GLUTEN/MILK  
Egg mayo  
GLUTEN/EGG/MILK  
Ham  
GLUTEN/MILK

Chicken tikka wrap  
GLUTEN/CELERY

### DESSERT

Squash & cinnamon  
cookie  
GLUTEN

## Thursday

### MAIN MEALS

Coconut chicken korma curry  
with wholegrain rice  
CELERY

Cheese panini  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Baby roast potatoes  
Wholegrain rice  
Mixed salad bowl

### SANDWICHES

Cheese  
GLUTEN/MILK  
Tuna mayo  
EGG/FISH/GLUTEN/MILK  
Egg mayo  
GLUTEN/EGG/MILK  
Ham  
GLUTEN/MILK

Chicken tikka wrap  
GLUTEN/CELERY

### DESSERT

Lemon drizzle cake  
GLUTEN/EGGS

## Friday

### MAIN MEALS

MSC fish finger bap  
GLUTEN/FISH

Penne pasta & tomato  
sauce  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Oven chips  
Baked beans or peas

### SANDWICHES

Cheese  
GLUTEN/MILK  
Tuna mayo  
EGG/FISH/GLUTEN/MILK  
Egg mayo  
GLUTEN/EGG/MILK  
Ham  
GLUTEN/MILK

Chicken tikka wrap  
GLUTEN/CELERY

### DESSERT

Pear & chocolate sponge  
with custard  
GLUTEN/MILK/EGGS



Remember  
to drink plenty of  
**water** with your  
lunch and earn  
yourself a **sticker**  
from **Holden!**





# THIS WEEK

AVAILABLE DAILY - SELF SERVE STATIONS  
Salad bar, fruit bar, breads, cheese & yoghurts  
Water & fruit juices



## Monday

### MAIN MEALS

Beef chilli with tortillas  
MILK

Five bean chilli with  
tortillas

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Oven baked potato  
wedges  
Rice, carrots & peas

### SANDWICHES

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

### DESSERT

Oaty apple crumble &  
custard  
MILK/GLUTEN

## Tuesday

### MAIN MEALS

Pasta carbonara with garlic  
bread  
GLUTEN/MILK

Sweet vegetable curry  
GLUTEN

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Braised rice & vegetables  
Mixed salad pots

### SANDWICHES

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

### DESSERT

Parsnip & coconut flapjack  
GLUTEN/SULPHITES

## Wednesday

### MAIN MEALS

Roast chicken dinner with  
Yorkshire pudding  
GLUTEN/EGG/MILK

Shepherdless pie  
GLUTEN/MILK/EGG

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Roast potatoes  
Vegetable medley  
Gravy

### SANDWICHES

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

### DESSERT

Jaffa cake pots  
MILK

## Thursday

### MAIN MEALS

Jerk chicken, rice & peas

Cheese & tomato tart  
GLUTEN//EGG/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Garlic herb potatoes  
Cauliflower  
Green beans

### SANDWICHES

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

### DESSERT

Lemon & courgette  
sponge cake  
GLUTEN/EGG

## Friday

### MAIN MEALS

MSC breaded salmon fish  
cake  
GLUTEN/FISH

Cheese & tomato panini  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Oven chips  
Baked beans or peas

### SANDWICHES

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

### DESSERT

Chocolate & beetroot  
brownie  
GLUTEN/EGG



Remember  
- the more  
salad & fruit you  
eat will earn you  
a sticker  
from Nia

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH



# THE POSITIVES

## THIS WEEK

AVAILABLE DAILY - SELF SERVE STATIONS  
Salad bar, fruit bar, breads, cheese & yoghurts  
Water & fruit juices



### Monday

#### MAIN MEALS

Sticky chicken chow mein  
GLUTEN/EGG/SOYA

Mac 'n' cheese  
GLUTEN/MILK/MUSTARD

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

#### SIDES

Oven baked mini jacket  
potato  
Vegetable batons  
CELERY

#### SANDWICHES

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

#### DESSERT

Eton mess milkshake  
jelly  
EGG/MILK

### Tuesday

#### MAIN MEALS

All American style beef  
burger  
GLUTEN/EGG/MILK/MUSTARD/  
SOYA/SULPHATES

All American style veggie  
burger  
GLUTEN/EGG/MILK/SOYA/MUSTARD

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

#### SIDES

Potato wedges  
Mini corn  
Mixed salad bowl

#### SANDWICHES

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

#### DESSERT

Vanilla sponge &  
custard  
GLUTEN/EGGS/MILK

### Wednesday

#### MAIN MEALS

Roast pork dinner with  
Yorkshire pudding  
GLUTEN/EGG/MILK

Veggie sausage  
GLUTEN/EGG

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

#### SIDES

Roast & mashed potatoes  
MILK  
Carrots & broccoli

#### SANDWICHES

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

#### DESSERT

Chocolate mousse  
MILK

### Thursday

#### MAIN MEALS

Pepperoni pizza  
GLUTEN/MILK

Chinese vegetable  
stir-fried rice  
GLUTEN/SOYA

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

#### SIDES

Sauteed potatoes  
Baked beans  
Green beans & sweetcorn

#### SANDWICHES

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

#### DESSERT

Fruit & ice cream  
MILK

### Friday

#### MAIN MEALS

MSC fish fingers  
GLUTEN/FISH

Cheese & tomato panini  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

#### SIDES

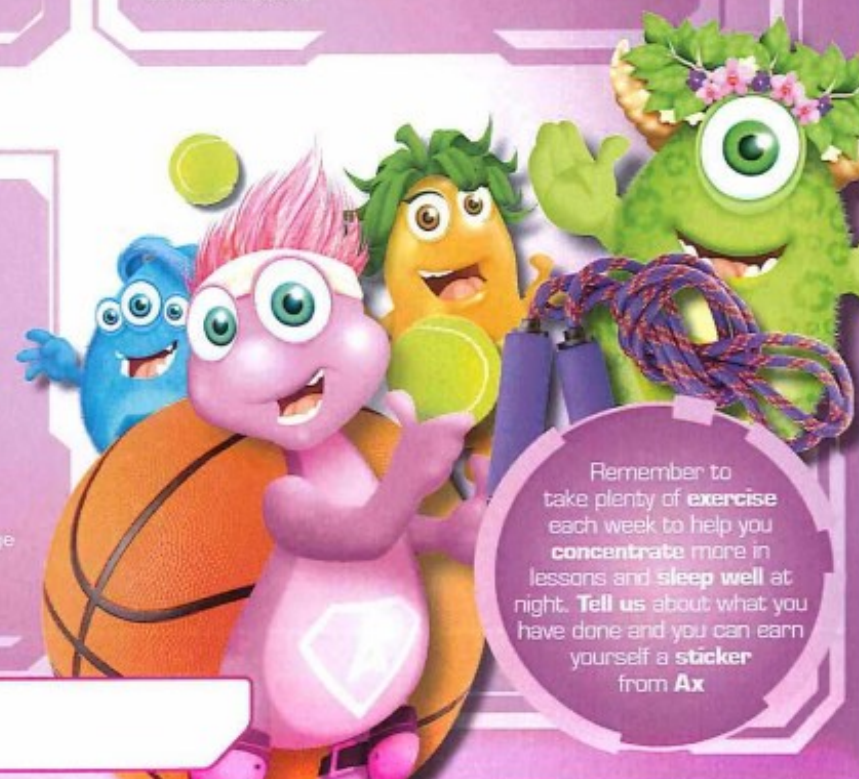
Oven chips  
Baked beans or peas

#### SANDWICHES

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

#### DESSERT

Chocolate fudge sponge  
& custard  
GLUTEN/EGG/MILK



Remember to take plenty of **exercise** each week to help you **concentrate** more in lessons and **sleep well** at night. **Tell us** about what you have done and you can earn yourself a **sticker** from Ax

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH





# THIS WEEK

AVAILABLE DAILY - SELF SERVE STATIONS  
Salad bar, fruit bar, breads, cheese & yoghurts  
Water & fruit juices



## Monday

### MAIN MEALS

Piri Piri chicken wrap  
GLUTEN/MILK/EGG

Quorn & vegetable chow  
mein  
GLUTEN/EGG/SOYA

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Potato wedges  
Peas & sweetcorn

### SANDWICHES

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

### DESSERT

Carrot cake  
GLUTEN/EGG

## Tuesday

### MAIN MEALS

Authentic American style  
hot dog  
GLUTEN/CELERY/MUSTARD/  
SULPHITES

Tomato pasta & cheese  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Sauteed potatoes  
Baked beans  
Green beans & peas

### SANDWICHES

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

### DESSERT

Cheesecake crunch with  
strawberries  
GLUTEN/MILK

## Wednesday

### MAIN MEALS

Roast chicken dinner with  
Yorkshire pudding  
GLUTEN/EGG/MILK

Vegetable pizza slice  
GLUTEN/MILK

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Roast potatoes  
Baked beans  
Cauliflower & broccoli

### SANDWICHES

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

### DESSERT

Butterscotch mousse  
with shortbread  
GLUTEN/MILK

## Thursday

### MAIN MEALS

Katsu chicken curry  
GLUTEN/CELERY/MUSTARD

Sweet & sour veggie  
'chicken' noodles  
GLUTEN/EGG/SOYA

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Brown rice  
Vegetables medley  
CELERY

### SANDWICHES

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

### DESSERT

Banana oat cake  
GLUTEN/MILK

## Friday

### MAIN MEALS

Tuna & cheese panini  
GLUTEN/FISH/EGG/MILK

Middle Eastern rice  
CELERY

Jacket potato with  
Baked beans  
Cheese - MILK  
Tuna mayo - EGG/FISH

### SIDES

Oven chips  
Baked beans or peas

### SANDWICHES

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

### DESSERT

Fruit jelly



Remember to  
switch off lights or the  
TV when not in use and  
recycle any plastic bottles  
or cartons in the right  
bin. Come and tell us  
what you've done and earn  
yourself a sticker  
from Sabe