



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

Week Commencing - 18th September, 9th October