



### Monday

**MAIN MEAL**

**Pepperoni Pizza**  
GLUTEN/MILK/MUSTARD/SOYA

**VEGGIE MEAL**

**Margherita Pizza**  
GLUTEN/MILK/SOYA

**SIDES**

Baked Jacket Wedges  
Sweetcorn & Carrots  
Homemade Bread *GLUTEN*  
Salad bar

**DESSERT**

Banana Flapjack  
*GLUTEN*  
Fresh Fruit

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

**Ham**  
*GLUTEN/SOYA*  
**Cheese**  
*GLUTEN/MILK/SOYA*  
**Tuna Mayo**  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

**MAIN MEAL**

**Bangers & Mash**  
*GLUTEN/MILK/SULPHITES*

**VEGGIE MEAL**

**Veggie Bangers & Mash**  
*MILK/SOYA*

**SIDES**

Mashed Potato *MILK*  
Peas & Carrots  
Gravy  
Homemade Bread *GLUTEN*  
Salad bar

**DESSERT**

Vanilla Sponge & Custard  
*GLUTEN/MILK/EGG*  
Fresh Fruit

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

**Ham**  
*GLUTEN/SOYA*  
**Cheese**  
*GLUTEN/MILK/SOYA*  
**Tuna Mayo**  
*EGG/FISH/GLUTEN/SOYA*

### 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  
Salad bar

**DESSERT**

Chocolate Crunch  
*GLUTEN/EGG*  
Fresh Fruit

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese *MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

**Ham**  
*GLUTEN/SOYA*  
**Cheese**  
*GLUTEN/MILK/SOYA*  
**Tuna Mayo**  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

**MAIN MEAL**

**Pasta Bolognese**  
*GLUTEN*

**VEGGIE MEAL**

**Tomato Penne Pasta**  
*GLUTEN*

**SIDES**

Garlic Bread - *GLUTEN*  
Pasta - *GLUTEN*  
Green Beans & Broccoli  
Homemade Bread *GLUTEN*  
Salad bar

**DESSERT**

Iced Cupcakes  
*GLUTEN/MILK/EGGS*  
Fresh Fruit

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

**Ham**  
*GLUTEN/SOYA*  
**Cheese**  
*GLUTEN/MILK/SOYA*  
**Tuna Mayo**  
*EGG/FISH/GLUTEN/SOYA*

### Friday

**MAIN MEAL**

**Fish & Chips**  
*GLUTEN/FISH*

**VEGGIE MEAL**

**Cheese & Tomato Panini**  
*GLUTEN/MILK*

**SIDES**

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*  
Salad bar

**DESSERT**

Chocolate Brownie  
*GLUTEN/MILK/EGG*  
Fresh Fruit

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

**Ham**  
*GLUTEN/SOYA*  
**Cheese**  
*GLUTEN/MILK/SOYA*  
**Tuna Mayo**  
*EGG/FISH/GLUTEN/SOYA*



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