THE POSITIVES

WEEK TWO

Monday

MAIN MEAL
Italian Beef Lasagne
GLUTEN/MILK/MUSTARD
MAY CONTAIN EGGS

VEGGIE MEAL
Veggie Lasagne
GLUTEN/MILK/CELERY
MAY CONTAIN EGG

SIDES
Garlic Bread *(GLUTEN)*
Peas & Sweetcorn
Salad Bar

DESSERT
Oaty Apple Crumble &
Custard *MILK/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
Home-made Sausage Roll
GLUTEN/MILK/EGG/SULPHITES

VEGGIE MEAL
Cheese & Tomato Pizza
GLUTEN/MILK

SIDES
Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*
Salad Bar

DESSERT
Fruit jelly
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/EGG/MILK

VEGGIE MEAL
Veggie Roast Dinner
GLUTEN/EGG/MILK

SIDES
Roast Potatoes & Gravy
Carrots & Cauliflower
Salad Bar

DESSERT
Chocolate Sponge with
Custard
GLUTEN/EGG/MILK
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
Chicken Korma
CELERY/SOYA

VEGGIE MEAL
Vegetable Curry

SIDES
Plain Rice
Naan Bread
Green Beans
Homemade Bread *GLUTEN*
Salad Bar

DESSERT
Lemon Drizzle Cake
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

Friday

MAIN MEAL
Fish Fingers
FISH/GLUTEN

VEGGIE MEAL
Cheese Sausage Roll
GLUTEN/MILK/EGG

SIDES
Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*
Salad Bar

DESSERT
Ginger Biscuit
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

Remember to eat plenty of **Salad and Fruit** with your lunch.

Allergen Coding: ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – **NOTE ALL PANINI CHOICES INCLUDE MILK**