



Monday

MAIN MEAL

Chicken Goujons

GLUTEN

MAY CONTAIN SOYA/CELERY/MILK/MUSTARD

VEGGIE MEAL

Cheese Pasty

GLUTEN/EGGS/MILK

SIDES

Chips

Bakes Beans & Carrots

Homemade Bread *GLUTEN*

Salad Bar

DESSERT

Fruity Flapjack *GLUTEN*

Fresh Fruit

JACKET POTATO

FILLINGS

Baked Beans

Cheese

MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Tuesday

MAIN MEAL

Beef burger

GLUTEN/SOYA

May contain MILK if served with cheese

VEGGIE MEAL

Veggie Burger

GLUTEN/SOYA

May contain MILK if served with cheese

SIDES

Potato Wedges

Sweetcorn & Peas

Salad Bar

DESSERT

Toffee Apple Sponge &

Custard

GLUTEN/EGGS/MILK

Fresh Fruit

JACKET POTATO

FILLINGS

Baked Beans

Cheese

MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Wednesday

MAIN MEAL

Roast Chicken Dinner

with Yorkshire Pudding

GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie Roast Dinner

GLUTEN/MILK/EGG

SIDES

Roast Potatoes

Roasted Carrots &

Cauliflower

Salad Bar

DESSERT

Chocolate Cookie

GLUTEN/EGG

MAY CONTAIN MILK

Fresh Fruit

JACKET POTATO

FILLINGS

Baked Beans

Cheese

MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Thursday

MAIN MEAL

Italiano Chicken Pasta

GLUTEN

VEGGIE MEAL

Mac "n" Cheese

GLUTEN/MILK/MUSTARD

SIDES

Pasta *GLUTEN*

Green Beans & Sweetcorn

Homemade Bread *GLUTEN*

Salad Bar

DESSERT

Banana Muffin

GLUTEN/EGG

MAY CONTAIN MILK

Fresh Fruit

JACKET POTATO

FILLINGS

Baked Beans

Cheese

MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Friday

MAIN MEAL

Fish & Chips

GLUTEN/FISH

VEGGIE MEAL

Mozzarella Panini

GLUTEN/MILK

SIDES

Chips

Baked Beans or Peas

Homemade Bread *GLUTEN*

Salad Bar

DESSERT

Lemon Shortbread

GLUTEN

Fresh Fruit

JACKET POTATO

FILLINGS

Baked Beans

Cheese

MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.