



# WEEK ONE

AVAILABLE DAILY – SELF SERVICE BAR  
Salad bar, fruit bar, homemade  
breads & water.



## 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*

### DESSERT

Banana Flapjack

*GLUTEN*

### JACKET POTATO

#### FILLINGS

**Baked Beans**

**Cheese**

*MILK*

**Tuna Mayo**

*EGG/FISH*

### SANDWICH OR PANINI

**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*

### DESSERT

Vanilla Sponge & Custard

*GLUTEN/MILK/EGG*

### JACKET POTATO

#### FILLINGS

**Baked Beans**

**Cheese**

*MILK*

**Tuna Mayo**

*EGG/FISH*

### SANDWICH OR PANINI

**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

Homemade Bread *GLUTEN*

### DESSERT

Chocolate Crunch

*GLUTEN/EGG*

### JACKET POTATO

#### FILLINGS

**Baked Beans**

**Cheese** *MILK*

**Tuna Mayo**

*EGG/FISH*

### SANDWICH OR PANINI

**Cheese**

*GLUTEN/MILK/SOYA*

**Tuna Mayo**

*EGG/FISH/GLUTEN/SOYA*

## Thursday

### MAIN MEAL

**Pasta Bolognese**

*GLUTEN/EGGS*

### VEGGIE MEAL

**Tomato Penne Pasta**

*GLUTEN*

### SIDES

Garlic Bread - *GLUTEN*

Pasta - *GLUTEN*

Green Beans & Broccoli

Homemade Bread *GLUTEN*

### DESSERT

Iced Cupcakes

*GLUTEN/MILK/EGGS*

### JACKET POTATO

#### FILLINGS

**Baked Beans**

**Cheese**

*MILK*

**Tuna Mayo**

*EGG/FISH*

### SANDWICH OR PANINI

**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*

### DESSERT

Chocolate Brownie

*GLUTEN/MILK/EGG*

### JACKET POTATO

#### FILLINGS

**Baked Beans**

**Cheese**

*MILK*

**Tuna Mayo**

*EGG/FISH*

### SANDWICH OR PANINI

**Cheese**

*GLUTEN/MILK/SOYA*

**Tuna Mayo**

*EGG/FISH/GLUTEN/SOYA*



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

**Allergen Coding:**

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK