



## WEEK THREE

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



### 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

#### DESSERT

Fruity 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

Ham

GLUTEN/SOYA

### Tuesday

#### MAIN MEAL

Plain Beefburger Bun

GLUTEN/SOYA

May contain MILK if served with cheese

#### VEGGIE MEAL

Veggie Burger Bun

GLUTEN/SOYA

May contain MILK if served with cheese

#### SIDES

Potato Wedges

Sweetcorn & Peas

Homemade Bread GLUTEN

#### DESSERT

Toffee Apple Sponge &

Custard

GLUTEN/EGGS/MILK

#### 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

Homemade Bread GLUTEN

#### DESSERT

Chocolate Cookie

GLUTEN/EGG

MAY CONTAIN MILK

#### 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

#### DESSERT

Banana Muffin

GLUTEN/EGG

MAY CONTAIN MILK

#### 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

#### DESSERT

Lemon Shortbread

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

Ham

GLUTEN/SOYA



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 EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK