



Week 1

MEAL OF THE DAY

VEGETARIAN MEAL OF THE DAY

SIDES

DESSERT

DAILY ALTERNATIVES

MONDAY

BEEF COTTAGE PIE
WITH
ROAST POTATOES
OR
GARLIC BREAD
CONTAINS: WHEAT GLUTEN

TOMATO TAGLIATELLE
CONTAINS: WHEAT GLUTEN
WITH
ROAST POTATOES
OR
GARLIC BREAD
CONTAINS: WHEAT GLUTEN

GREEN BEANS
OR
SALAD

YOGHURT POT
CONTAINS: DAIRY
OR
FRESH FRUIT

PASTA BAR
CURRY BAR
FRESH CHICKEN WRAPS
CHEESE & ONION PASTY

£3.15

TUESDAY

LAMB FAJITAS
CONTAINS: WHEAT GLUTEN
WITH
RICE
CONTAINS: WHEAT GLUTEN
OR
HERBY POTATO

SPICY QUORN CASSEROLE
WITH
RICE
CONTAINS: WHEAT GLUTEN
OR
HERBY POTATO

MINT & YOGHURT SAUCE
CONTAINS: DAIRY
OR
SWEETCORN

PEAR SPONGE CAKE
CONTAINS: WHEAT GLUTEN, EGGS, MILK

PASTA BAR
CURRY BAR
FRESH CHICKEN WRAPS
CHICKEN BURGER

£3.15

WEDNESDAY

PORK THAI RED CURRY
WITH
ROASTED VEGETABLES
OR
SALAD

TOMATO & BASIL PASTA BAKE
CONTAINS: WHEAT GLUTEN
WITH
ROASTED VEGETABLES
OR
SALAD

SALAD
OR
CARROTS

BANANA MUFFINS
CONTAINS: WHEAT GLUTEN, EGGS, DAIRY

PASTA BAR
CURRY BAR
FRESH CHICKEN WRAPS
SUB ROLL (FALAFEL OR CHICKEN)

£3.15

THURSDAY

LAMB BALTI
CONTAINS: MILK
WITH
NAAN BREAD
CONTAINS: WHEAT GLUTEN
OR
MIXED SALAD

CAULIFLOWER & TOMATO BAKE
WITH
NAAN BREAD
CONTAINS: WHEAT GLUTEN
OR
MIXED SALAD

MIXED VEGETABLES

DATE & COCO BROWNIES
CONTAINS: EGG, WHEAT GLUTEN

PASTA BAR
CURRY BAR
FRESH CHICKEN WRAPS
VEGETABLE BURGER
CHICKEN BURGER

£3.15

FRIDAY

FISH
WITH
CHIPS
OR
GARLIC BREAD
CONTAINS: WHEAT GLUTEN

MUSHROOM & SWEETCORN PASTA BAKE
CONTAINS: WHEAT GLUTEN, DAIRY
WITH
CHIPS
OR
GARLIC BREAD
CONTAINS: WHEAT GLUTEN

MUSHY PEAS
OR
GARDEN PEAS
OR
SALAD

APPLE CRUMBLE & OATY
CONTAINS: WHEAT GLUTEN

PASTA BAR
CURRY BAR
FRESH CHICKEN WRAPS
PIZZA (CHEESE & TOMATO, SPICY BEEF OR PEPPERONI)

£3.15

Lunchtime Meals (Main Meal, Side & Dessert) – £3.15
Sandwich Grab Bags (Sandwich, Fruit & Sweet) – £3.15
Main Meal Only – £2.00
Dessert Only – £1.20