



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

MEAL OF THE DAY

CHICKEN FAJITAS (HALAL)

with

RICE & MIXED VEGETABLES

or

MACARONI CHEESE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

with

GARLIC BREAD & MIXED VEGETABLES

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

Dessert

STICKY TOFFEE PUDDING & CUSTARD

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK, EGGS

GREEK CHICKEN MEATBALLS (HALAL)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

PENNE PASTA

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

or

TOMATO & PEPPER PASTA BAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

NAAN BREAD & SALAD

CONTAINS: MILK

Dessert

APRICOT FLAPJACK

CONTAINS: SULPHUR DIOXIDE

THAI RED CHICKEN CURRY

CONTAINS: COCONUT MILK

with

RICE & CARROTS

or

CANNELLONI VERDI

with

GARLIC BREAD & CARROTS

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

Dessert

DATE & CHOCOLATE BROWNIE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

HOME MADE BEEF BURGER

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
EGGS, MUSTARD, SULFITE

with

POTATO WEDGES & SWEETCORN

or

CAULIFLOWER CHEESE

CONTAINS: MILK

with

GARLIC BREAD & CARROTS

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

Dessert

PEAR SPONGE CAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
EGGS

FISH & CHIPS

with

PEAS

or

TOMATO & BASIL PASTA BAKE

with

GARLIC BREAD

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

Dessert

FRESH FRUIT

MEAL DEALS

BREADED CHICKEN FILLET IN A PLAIN BUN (HALAL)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

or

VEGGIE BURGER IN A BRIOCHE BUN

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

SPICY TWISTER FRIES & SALAD

CHICKEN SUB IN A MINI FRENCH BAGUETTE (HALAL)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

or

CHEESE & ONION PASTY

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
EGGS, MILK

with

CHIPS & SALAD

or

BEANS

CHICKEN SUB IN A MINI FRENCH BAGUETTE (HALAL)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

or

FALAFEL IN A MINI FRENCH BAGUETTE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

DICED POTATO SALAD

BREADED CHICKEN FILLET IN A PLAIN BUN (HALAL)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

or

SPICY BEAN BURGER IN A BRIOCHE BUN

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

POTATO WEDGES & SALAD

PIZZA (CHEESE OR PEPPERONI)
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

PASTA BAR
CURRY BAR

FRESH CHICKEN WRAPS
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

JACKET POTATO

with

BEANS/TUNA/
CHEESE

PASTA BAR
CURRY BAR

FRESH CHICKEN WRAPS
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

JACKET POTATO

with

BEANS/TUNA/
CHEESE

PASTA BAR
CURRY BAR

FRESH CHICKEN WRAPS
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

JACKET POTATO

with

BEANS/TUNA/
CHEESE

PASTA BAR
CURRY BAR

FRESH CHICKEN WRAPS
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

JACKET POTATO

with

BEANS/TUNA/
CHEESE

PASTA BAR
CURRY BAR

FRESH CHICKEN WRAPS
CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

JACKET POTATO

with

BEANS/TUNA/
CHEESE

DAILY ALTERNATIVES