



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

MEAL OF THE DAY

TUNA FISH & TOMATO PASTA BAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

GARLIC BREAD & SALAD

CONTAINS: MILK

or

TOMATO & BASIL PASTA BAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

GARLIC BREAD & SALAD

CONTAINS: MILK

Dessert

CARROT CAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
EGGS

BEEF SPAGHETTI BOLOGNAISE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
EGGS

with

GARLIC BREAD & SWEETCORN

CONTAINS: MILK

or

TOMATO & PEPPER TAGLIATELLE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

GARLIC BREAD & SWEETCORN

CONTAINS: MILK

Dessert

YOGHURT

CONTAINS: MILK

or

FRESH FRUIT

BEEF & POTATO TOPPED PIE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

MASHED POTATO & VEGETABLES

or

CAULIFLOWER & BROCCOLI BAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

with

MASHED POTATO & VEGETABLES

Dessert

JAM ROLY POLY

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

LAMB FAJITAS

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT)

with

RICE

or

CHEESE & PEPPER QUICHE

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

with

ROAST POTATO & CARROTS

Dessert

DATE CRUMBLE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

FISH & CHIPS

with

PEAS

or

SALMON FISH PASTA BAKE

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

with

PEAS

Dessert

FRESH FRUIT

£3.25

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 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 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 & TOMATO, SPICY BEEF OR PEPPERONI)

CONTAINS: CEREALS
CONTAINING GLUTEN (WHEAT),
MILK

£3.25

DAILY ALTERNATIVES

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