

# THE POSITIVES

## WEEK TWO

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



### Monday

#### MAIN MEAL

Italian Beef Lasagne  
*GLUTEN*  
MAY CONTAIN EGGS

#### VEGGIE MEAL

Veggie Lasagne  
*GLUTEN/MILK*  
MAY CONTAIN EGG

#### SIDES

Garlic Bread (*GLUTEN*)  
Pasta (*GLUTEN*)  
Peas & Sweetcorn  
Homemade Bread *GLUTEN*

#### DESSERT

Oaty apple crumble &  
custard *MILK/GLUTEN*

#### JACKET POTATO FILLINGS

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

#### SANDWICH OR PANINI

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

#### MAIN MEAL

Homemade Sausage Rolls  
*GLUTEN/EGG/MILK/SULPHITES*

#### VEGGIE MEAL

Cheese & Tomato Pizza  
*GLUTEN/MILK*

#### SIDES

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

#### DESSERT

Fruit jelly

#### JACKET POTATO FILLINGS

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

#### SANDWICH OR PANINI

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Wednesday

#### MAIN MEAL

Roast Chicken Dinner  
with Yorkshire Pudding  
*GLUTEN/EGG/MILK*

#### VEGGIE MEAL

Veggie Roast Dinner  
*GLUTEN/EGG/MILK*

#### SIDES

Roast Potatoes & Gravy  
Carrots & Cauliflower  
Homemade Bread *GLUTEN*

#### DESSERT

Chocolate Spongewith  
custard  
*GLUTEN/EGG/MILK*

#### JACKET POTATO FILLINGS

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

#### SANDWICH OR PANINI

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

#### MAIN MEAL

Chicken Korma

#### VEGGIE MEAL

Vegetable Curry

#### SIDES

Plain Rice  
Naan Bread  
Green Beans  
Homemade Bread *GLUTEN*

#### DESSERT

Lemon drizzle cake  
*GLUTEN/EGG*

#### JACKET POTATO FILLINGS

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

#### SANDWICH OR PANINI

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Friday

#### MAIN MEAL

Fish Fingers  
*FISH/GLUTEN*

#### VEGGIE MEAL

Cheese Sausage Roll  
*GLUTEN/MILK/EGG*

#### SIDES

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

#### DESSERT

Ginger Biscuit  
*GLUTEN*

#### JACKET POTATO FILLINGS

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

#### SANDWICH OR PANINI

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*



Remember to  
eat plenty of  
Salad and  
Fruit with  
your lunch.

Allergen Coding:

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