

# THE POSITIVES

## WEEK FOUR

AVAILABLE DAILY – SELF SERVE STATIONS  
Salad bar, fruit bar, breads, cheese & yoghurts  
Water & fruit juices



### Monday

#### MAIN MEAL

**Pepperoni pizza**  
GLUTEN/MILK/MUSTARD/SOYA

#### VEGGIE MEAL

**Mac 'n' bean bake**  
GLUTEN/MILK/MUSTARD

#### SIDES

Oven baked mini jacket  
Peas & sweetcorn

#### DESSERT

**Carrot cake**  
GLUTEN/EGG

#### JACKET POTATO FILLINGS

**Baked beans**  
**Cheese**  
MILK  
**Tuna mayo**  
EGG/FISH

#### SANDWICHES

**Ham**  
GLUTEN/MILK  
**Cheese**  
GLUTEN/MILK  
**Tuna mayo**  
EGG/FISH/GLUTEN/MILK  
**Chicken tikka wrap**  
GLUTEN

### Tuesday

#### MAIN MEAL

**Crispy chicken stir-fried rice**  
GLUTEN/EGG/SOYA

#### VEGGIE MEAL

**Vegetable lasagne**  
CELERY/GLUTEN/MILK

#### SIDES

Wholemeal pasta  
GLUTEN  
Green beans & carrots

#### DESSERT

**Berry fool**  
MILK

#### JACKET POTATO FILLINGS

**Baked beans**  
**Cheese**  
MILK  
**Tuna mayo**  
EGG/FISH

#### SANDWICHES

**Ham**  
GLUTEN/MILK  
**Cheese**  
GLUTEN/MILK  
**Tuna mayo**  
EGG/FISH/GLUTEN/MILK  
**Chicken tikka wrap**  
GLUTEN

### Wednesday

#### MAIN MEAL

**Roast chicken dinner with Yorkshire pudding**  
GLUTEN/EGG/MILK

#### VEGGIE MEAL

**Veggie meatballs with gravy**  
SOYA

#### SIDES

Roast potatoes  
Cauliflower & broccoli

#### DESSERT

**Raspberry mousse**  
MILK

#### JACKET POTATO FILLINGS

**Baked beans**  
**Cheese**  
MILK  
**Tuna mayo**  
EGG/FISH

#### SANDWICHES

**Ham**  
GLUTEN/MILK  
**Cheese**  
GLUTEN/MILK  
**Tuna mayo**  
EGG/FISH/GLUTEN/MILK  
**Chicken tikka wrap**  
GLUTEN

### Thursday

#### MAIN MEAL

**Mexican chilli beef burrito**  
GLUTEN

#### VEGGIE MEAL

**Singapore noodles**  
GLUTEN/SOYA

#### SIDES

Brown rice  
Mixed salad

#### DESSERT

**Apple & banana cake**  
GLUTEN/EGG/MILK/SULPHITES

#### JACKET POTATO FILLINGS

**Baked beans**  
**Cheese**  
MILK  
**Tuna mayo**  
EGG/FISH

#### SANDWICHES

**Ham**  
GLUTEN/MILK  
**Cheese**  
GLUTEN/MILK  
**Tuna mayo**  
EGG/FISH/GLUTEN/MILK  
**Chicken tikka wrap**  
GLUTEN

### Friday

#### MAIN MEAL

**Mini fish & chips**  
GLUTEN/FISH/MILK

#### VEGGIE MEAL

**Lentil & cheese sausage roll**  
GLUTEN/EGG/MILK

#### SIDES

Oven baked chips  
Baked beans or peas

#### DESSERT

**Fruit jelly**

#### JACKET POTATO FILLINGS

**Baked beans**  
**Cheese**  
MILK  
**Tuna mayo**  
EGG/FISH

#### SANDWICHES

**Ham**  
GLUTEN/MILK  
**Cheese**  
GLUTEN/MILK  
**Tuna mayo**  
EGG/FISH/GLUTEN/MILK  
**Chicken tikka wrap**  
GLUTEN



Remember to **switch off lights** or the **TV** when not in use and **recycle any plastic bottles or cartons** in the **right bin**. Come and **tell us** what you've done and earn yourself a **sticker** from **Sabe**

**Allergen Coding:**

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH