



WEEK THREE

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



Monday

MAIN MEAL

Chicken & salsa
chickadilla wrap
GLUTEN/MILK

VEGGIE MEAL

Macaroni cheese
GLUTEN/MILK/MUSTARD

SIDES

Oven baked mini jacket
potato
Peas & sweetcorn

DESSERT

Summer fruit yoghurt
crunch
GLUTEN/MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

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

Tuesday

MAIN MEAL

Pepperoni pizza
GLUTEN/MILK/MUSTARD/SOYA

Tuna & sweetcorn pizza
GLUTEN/FISH/MILK

VEGGIE MEAL

Red lentil curry
GLUTEN

SIDES

Wholegrain rice
Mixed salad bowl

DESSERT

Vanilla sponge & custard
GLUTEN/EGGS/MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

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

Wednesday

MAIN MEAL

Roast chicken dinner with
Yorkshire pudding
GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie sausage, mash
& gravy
MILK

SIDES

Roast & mashed potatoes
MILK
Carrots & broccoli

DESSERT

Banoffee mousse
GLUTEN/MILK/SULPHITES

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

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

Thursday

MAIN MEAL

Crispy chicken fajita
MILK/SOYA

VEGGIE MEAL

Cheese & tomato gnocchi
GLUTEN/MILK/SULPHITES

SIDES

Wholegrain rice
Green beans & sweetcorn

DESSERT

Fruit jelly

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

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

Friday

MAIN MEAL

Mini fish & chips
GLUTEN/FISH

VEGGIE MEAL

Veggie meatball sub
panini
GLUTEN/MILK/SOYA

SIDES

Oven baked potato chips
Baked beans or peas

DESSERT

Rhubarb & custard cake
GLUTEN/EGG/MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

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



Remember to
take plenty of **exercise**
each week to help you
concentrate more in
lessons and **sleep well** at
night. **Tell us** about what you
have done and you can earn
yourself a **sticker**
from **Ax**

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH