

# WEEK ONE

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



## Monday

**MAIN MEAL**

Pepperoni Pizza  
*GLUTEN/MILK*

**VEGGIE MEAL**

Margherita Pizza  
*GLUTEN/MILK*

**SIDES**

Baked Jacket Wedges  
Sweetcorn & Carrots  
Homemade Bread *GLUTEN*

**DESSERT**

Banana Flapjack  
*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**

Bangers & Mash  
*GLUTEN/MILK/SULPHITES*

**VEGGIE MEAL**

Veggie Bangers & Mash  
*MILK/SOYA*

**SIDES**

Mashed Potato *MILK*  
Peas & Carrots  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**

Vanilla Sponge & Custard  
*GLUTEN/MILK/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*

## Wednesday

**MAIN MEAL**

Roast Chicken Dinner  
with Yorkshire Pudding

*GLUTEN/MILK/EGG*

**VEGGIE MEAL**

Veggie Roast Dinner  
*GLUTEN/MILK/EGG*

**SIDES**

Roast Potatoes  
Roasted Root Vegetables  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**

Chocolate Crunch  
*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*

## Thursday

**MAIN MEAL**

Pasta Bolognese  
*GLUTEN*

**VEGGIE MEAL**

Tomato Penne Pasta  
*GLUTEN*

**SIDES**

Garlic Bread - *GLUTEN*  
Pasta - *GLUTEN*  
Green Beans & Broccoli  
Homemade Bread *GLUTEN*

**DESSERT**

Iced Cupcakes  
*GLUTEN/MILK/EGGS*

**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 & Chips  
*GLUTEN/FISH*

**VEGGIE MEAL**

Cheese & Tomato Panini  
*GLUTEN/MILK*

**SIDES**

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

**DESSERT**

Chocolate Brownie  
*GLUTEN/MILK/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*



Remember to  
drink plenty  
of **Water** with  
your lunch.