

# THE POSITIVES

## WEEK THREE

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



### Monday

**MAIN MEAL**  
Chicken Goujons  
*MAY CONTAIN GLUTEN/EGGS*

**VEGGIE MEAL**  
Cheese Pasty  
*GLUTEN/EGGS/MILK*

**SIDES**  
Chips  
Baked Beans & Carrots  
Homemade Bread *GLUTEN*

**DESSERT**  
Fruity Flapjack  
*GLUTEN*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

**MAIN MEAL**  
Plain Beefburger Bun  
*GLUTEN/SOYA/SULPHUR DIOXIDE*  
*May contain MILK if served with cheese*

**VEGGIE MEAL**  
Veggie Burger Bun  
*GLUTEN/SOYA/MILK/EGG*  
*May contain MILK if served with cheese*

**SIDES**  
Potato Wedges  
Sweetcorn & Peas  
Homemade Bread *GLUTEN*

**DESSERT**  
Toffee apple sponge & custard  
*GLUTEN/EGGS/MILK*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
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/MILK/EGG*

**SIDES**  
Roast Potatoes  
Roasted Carrots & Cauliflower  
Homemade Bread *GLUTEN*

**DESSERT**  
Chocolate Cookie  
*GLUTEN/EGG*  
*MAY CONTAIN MILK*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

**MAIN MEAL**  
Italiano Chicken Pasta  
*GLUTEN*

**VEGGIE MEAL**  
Mac "n" Cheese  
*GLUTEN/MILK/MUSTARD*

**SIDES**  
Pasta *GLUTEN*  
Green Beans & Sweetcorn  
Homemade Bread *GLUTEN*

**DESSERT**  
Banana muffin  
*GLUTEN/EGG*  
*MAY CONTAIN MILK*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Friday

**MAIN MEAL**  
Fish & Chips  
*GLUTEN/FISH*

**VEGGIE MEAL**  
Mozzarella Panini  
*GLUTEN/MILK*

**SIDES**  
Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

**DESSERT**  
Lemon Shortbread  
*GLUTEN*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.

**Allergen Coding:** ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK