



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
Bakes 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