



### Monday

#### MAIN MEAL

Pepperoni pizza  
*GLUTEN/MILK/MUSTARD/SOYA*

#### VEGGIE MEAL

Margherita pizza  
*GLUTEN/MILK*

#### SIDES

Baked jacket wedges  
Sweetcorn & carrots

#### DESSERT

Banana flapjack  
*GLUTEN*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*

Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Ham  
*GLUTEN/MILK/SOYA*

Cheese  
*GLUTEN/MILK/SOYA*

Tuna mayo  
*EGG/FISH/GLUTEN/MILK/SOYA*

Chicken tikka wrap  
*GLUTEN*

### Tuesday

#### MAIN MEAL

Bangers & mash  
*GLUTEN/MILK/SULPHITES*

#### VEGGIE MEAL

Veggie bangers & mash  
*MILK/SOYA*

#### SIDES

Mashed potato  
*MILK*  
Peas & carrots  
Gravy

#### DESSERT

Pineapple upside down cake with custard  
*GLUTEN/MILK/EGG*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*

Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Ham  
*GLUTEN/MILK/SOYA*

Cheese  
*GLUTEN/MILK/SOYA*

Tuna mayo  
*EGG/FISH/GLUTEN/MILK/SOYA*

Chicken tikka wrap  
*GLUTEN*

### Wednesday

#### MAIN MEAL

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

#### VEGGIE MEAL

Veggie roast dinner with Yorkshire pudding  
*GLUTEN/MILK/EGG*

#### SIDES

Roast potatoes  
Roasted root vegetables  
Gravy

#### DESSERT

Chocolate crunch  
*GLUTEN/EGG*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*

Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Ham  
*GLUTEN/MILK/SOYA*

Cheese  
*GLUTEN/MILK/SOYA*

Tuna mayo  
*EGG/FISH/GLUTEN/MILK/SOYA*

Chicken tikka wrap  
*GLUTEN*

### Thursday

#### MAIN MEAL

Pasta Bolognese  
*GLUTEN*

#### VEGGIE MEAL

Tomato penne pasta  
*GLUTEN*

#### SIDES

Garlic bread  
Pasta  
Green beans & broccoli

#### DESSERT

Strawberry cheesecake  
*GLUTEN/MILK*  
*MAY CONTAIN EGG/SOYA*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*

Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Ham  
*GLUTEN/MILK/SOYA*

Cheese  
*GLUTEN/MILK/SOYA*

Tuna mayo  
*EGG/FISH/GLUTEN/MILK/SOYA*

Chicken tikka wrap  
*GLUTEN*

### Friday

#### MAIN MEAL

MSC fish finger bap  
*GLUTEN/FISH/SOYA*

#### VEGGIE MEAL

Cheesy & tomato panini  
*GLUTEN/MILK*

#### SIDES

Oven baked chips  
Baked beans or peas

#### DESSERT

Pear & chocolate sponge with custard  
*GLUTEN/MILK/EGGS*

#### JACKET POTATO FILLINGS

Baked beans  
Cheese  
*MILK*

Tuna mayo  
*EGG/FISH*

#### SANDWICHES

Ham  
*GLUTEN/MILK/SOYA*

Cheese  
*GLUTEN/MILK/SOYA*

Tuna mayo  
*EGG/FISH/GLUTEN/MILK/SOYA*

Chicken tikka wrap  
*GLUTEN*



Remember to drink plenty of Water with your lunch.