



Monday

MAIN MEAL

Italian meatballs & pasta
GLUTEN

VEGGIE MEAL

Veggie lasagne
GLUTEN/MILK
MAY CONTAIN EGG

SIDES

Garlic bread
Pasta (*GLUTEN*)
Peas & sweetcorn

DESSERT

Oaty apple crumble & custard
MILK/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

Cottage pie & gravy

VEGGIE MEAL

Cheese & potato pie
GLUTEN/EGG/MILK/MUSTARD

SIDES

Mashed potato
Broccoli & carrots

DESSERT

Fruit jelly

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/EGG/MILK

VEGGIE MEAL

Swedish meatballs in
gravy
SOYA

SIDES

Roast potatoes
Carrots & cauliflower
Gravy

DESSERT

Banana & chocolate
marble cake with custard
GLUTEN/EGG/MILK

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

Chicken Korma

VEGGIE MEAL

Mexican tortilla pie
GLUTEN/MILK/SOYA

SIDES

Plain rice
Naan bread
Green beans

DESSERT

Lemon drizzle cake
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

Friday

MAIN MEAL

Southern fried chicken
goujon
CELERY/GLUTEN/MUSTARD

VEGGIE MEAL

Tomato & mozzarella
pizza
GLUTEN/MILK

SIDES

Oven baked chips
Baked beans or peas

DESSERT

Strawberry ice cream
MILK

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
eat plenty of
**Salad and
Fruit** with
your lunch.