



Monday

MAIN MEAL

Chicken & bacon pie
GLUTEN/MILK/CELERY/EGG

VEGGIE MEAL

Sweet & sour 'chicken' & noodles
GLUTEN/SOYA

SIDES

Mashed potato
Broccoli & carrots

DESSERT

Fruity flapjack
GLUTEN

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

Cheese
GLUTEN/MILK/SOYA
Tuna mayo
EGG/FISH/GLUTEN/MILK/SOYA
Ham
GLUTEN/MILK/SOYA
Chicken tikka wrap
GLUTEN

Tuesday

MAIN MEAL

Cheeseburger
GLUTEN/MILK/SOYA/SULPHITES

VEGGIE MEAL

Mac 'n' cheese
GLUTEN/MILK/MUSTARD

SIDES

Potato wedges
Sweetcorn & peas

DESSERT

Toffee apple sponge & custard
GLUTEN/EGGS/MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

Cheese
GLUTEN/MILK/SOYA
Tuna mayo
EGG/FISH/GLUTEN/MILK/SOYA
Ham
GLUTEN/MILK/SOYA
Chicken tikka wrap
GLUTEN

Wednesday

MAIN MEAL

Roast chicken dinner with Yorkshire pudding
GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie sausage toad in the hole with gravy
GLUTEN/MILK/EGG/SOYA

SIDES

Roast potatoes
Roasted carrots & cauliflower

DESSERT

Chocolate cookie
GLUTEN/EGG
MAY CONTAIN MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

Cheese
GLUTEN/MILK/SOYA
Tuna mayo
EGG/FISH/GLUTEN/MILK/SOYA
Ham
GLUTEN/MILK/SOYA
Chicken tikka wrap
GLUTEN

Thursday

MAIN MEAL

Italiano chicken pasta
GLUTEN

VEGGIE MEAL

Mozzarella & tomato panini
GLUTEN/MILK

SIDES

Pasta (*GLUTEN*)
Green beans & sweetcorn

DESSERT

Banana muffin
GLUTEN/EGG
MAY CONTAIN MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

Cheese
GLUTEN/MILK/SOYA
Tuna mayo
EGG/FISH/GLUTEN/MILK/SOYA
Ham
GLUTEN/MILK/SOYA
Chicken tikka wrap
GLUTEN

Friday

MAIN MEAL

Mini fish & chips
GLUTEN/FISH

VEGGIE MEAL

Veggie burger
GLUTEN/MILK/EGG/SOYA

SIDES

Oven baked potato chips
Baked beans or peas

DESSERT

Chocolate milkshake & shortbread
GLUTEN/MILK

JACKET POTATO FILLINGS

Baked beans
Cheese
MILK
Tuna mayo
EGG/FISH

SANDWICHES

Cheese
GLUTEN/MILK/SOYA
Tuna mayo
EGG/FISH/GLUTEN/MILK/SOYA
Ham
GLUTEN/MILK/SOYA
Chicken tikka wrap
GLUTEN



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