

WEEK 3	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese and Tomato Naan Bread Pizza with Potato Wedges (GLUTEN, MILK, SO2)	Chilli and Rice	Roast Turkey, Yorkshire Pudding, Roast Potatoes and Gravy (EGGS, GLUTEN, MILK, SO2)	Chicken Burger with Garlic Mayo and Salad (CELERY, EGGS, GLUTEN, SESAME)	Gluten Free Battered Fish and Chips (FISH)
Vegetarian Main Course	Quorn Mince Spaghetti Bolognese (EGG, GLUTEN, MUSTARD, SOYA)	Winter Vegetable Soup with a Crusty Roll (CELERY, WHEAT, SESAME)	Macaroni Cheese (MILK, WHEAT, MUSTARD, SOYA)	Cheese and Onion Quiche with New Potatoes (EGGS, MILK, GLUTEN)	Meat Free Dippers with Chips (GLUTEN)
Vegetables	Sweetcorn & Garden Peas	Diced Carrots & Green Beans	Broccoli & Diced Carrots	Sweetcorn & Baked Beans	Baked Beans & Garden Peas
Dessert	Ginger Biscuits (GLUTEN, MILK)  Or Fruit Salad	Apple Sponge and Custard (GLUTEN, MILK, EGG)  Or Fruit Boats	Strawberry Jelly topped with Mandarins  Or Fruit Kebabs	Orange Shortbread Biscuit (GLUTEN, SOYA)  Or Fruit Salad	Rice Pudding with Strawberry Jam (MILK)  Or Fruit Pots
Grab n Go		Chip Butty (GLUTEN, SESAME)		Hot Cheese Baguette (MILK, WHEAT, SESAME)	

Fresh Baked Jacket Potato with Choice of fillings  
Cheese (Milk) Tuna (Eggs, Fish) Beans  
available daily

Pick 'n' Mix Sandwich  
Sandwich (Wheat, Soya)  
Crudites Pot  
Dessert  
(See daily allergen matrix)  
available daily

Fresh Bread (Wheat, Soya)  
Cheese & Crackers (Milk, Gluten)  
Salad Selection, Fresh Fruit and  
Yoghurts (Milk)  
available daily



