

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 Bolognaise (EGG, GLUTEN, MUSTARD, SOYA)	Macaroni Cheese (MILK, WHEAT, MUSTARD, SOYA)	Winter Vegetable Soup with a Crusty Roll (CELERY, WHEAT, SESAME)	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)	Apple Crumble and Custard (GLUTEN, MILK)	Strawberry Jelly topped with Mandarins	Orange Shortbread Biscuit (GLUTEN, SOYA)	Rice Pudding with Strawberry Jam (MILK)
Grab n Go	Tomato and Basil Pasta (GLUTEN)	Tomato and Basil Pasta (GLUTEN)	Tomato and Basil Pasta (GLUTEN)	Hot Cheese Baguette (MILK, WHEAT, SESAME)	Tomato and Basil Pasta (GLUTEN)

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 dessert allergen matrix)
Available daily

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

