

Week A	Monday (A)	Tuesday (A)	Wednesday (A)	Thursday (A)	Friday (A)
Main Course	Meatballs and pasta Gluten, Wheat, Egg	Indian Chicken Curry and Rice GF, LF Mustard	Chicken Chow Mein with noodles LF Gluten, Wheat, Egg	Mexican Chilli Con Carne Taco with salad and wedges Gluten, Wheat	Singapore Fried Rice LF, V May contain Gluten, Mustard, Soya Fish finger barm & fries Gluten, Wheat, Egg and Milk
Vegetarian / Vegan	Vegan Meatballs and pasta Gluten, Wheat, Egg and Milk	Vegetable Curry and Rice GF, LF, V Mustard	Cheese and Onion pie with mash potatoes and peas V Gluten, Wheat, Egg and Milk	Vegetarian Chilli Taco with salad & wedges V Gluten, Wheat, Egg and Milk Pasta and sauce V Gluten, wheat	Fish and chips with mushy peas GF, LF or vegetarian quiche, V Wheat, Gluten, Egg or Vegan fishless fingers with mushy peas Ve, LF or Vegetarian pasta bake V Wheat, Gluten, Egg, Milk
Allergen options	GF pasta available	Main courses are GF, LF or V	GF pie / GF LF pizza available	GF taco / pasta available	GF pasta available / GF barm available
Grab & Go	Chicken goujons and wedges GF	Steak slice or sausage roll Gluten, Wheat, Egg and Milk Loaded jacket skins GF, V	Vegetarian pizza V, GF, LF, Gluten, Wheat, Egg and Milk	Chicken goujons and wedges GF	Fish goujons and wedges Gluten, Wheat, Fish Cheese panini, V Gluten, wheat, egg, milk Loaded jacket skins GF, V
Potatoes	Jacket Potato GF, LF, V Various fillings: Fish, egg, milk	Jacket Potato GF, LF, V Various fillings: Fish, egg, milk	Jacket Potato GF, LF, V Various fillings: Fish, egg, milk	Jacket Potato GF, LF, V Various fillings: Fish, egg, milk	Jacket Potato GF, LF, V Various fillings: Fish, egg, milk
Dessert	Apple Crumble GF, Custard GF LF Custard available	Orange / lemon drizzle cake Orange / lemon drizzle cake GF / LF	Jam sponge Gluten, Wheat, Egg and Milk, soya Custard GF GF Jam sponge available Soya, egg, LF Custard available	Cookies Gluten, Wheat, Oats, Soya, Egg, Milk GF, LF Cookies available	Cupcake - chocolate / vanilla Egg, Soya, may contain traces of nuts GF Cupcakes available Shortbread Biscuits LF Gluten, Wheat, and Milk
GF - Gluten free LF- Lactose free V - Vegetarian Ve - Vegan Allergen ingredients - Gluten, Wheat, Oats, Soya, Egg, Milk, Mustard, Rye, Fish, Barley, Nuts					