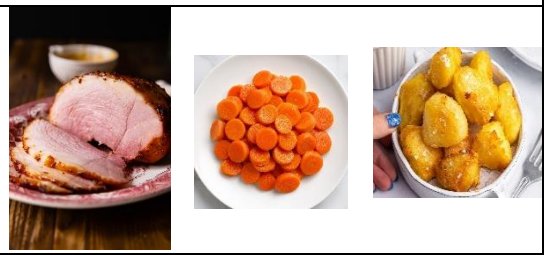
Week One

Day	Meal	Allergens	Pictures
Monday	Chicken Skewer, Savoury Rice with Broccoli	*none*	
Tuesday	Soup of the Day and a sandwich with up to 2 fillings. Hot Panini, Cold Brown or White Baguette. Gluten/Dairy Free option available.	*Wheat, Gluten, may contain celery*	
Wednesday	Gammon, Roast Potatoes, Carrots and Gravy	*none*	
Thursday	Homemade Ham & Cheese or Cheese & Onion Quiche, New Potatoes and Sweetcorn. Gluten/Dairy Free available.	*Wheat, Gluten, Dairy, Eggs*	
Friday	Fish Fingers, Chips and Garden Peas Gluten Free option available.	*Fish, Wheat, Gluten*	

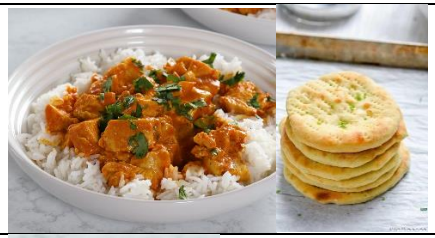
Jacket Potatoes, Sandwiches, Wraps and Salad Bar available daily.

Week Two

Day	Meal	Allergens	Pictures
Monday	Southern Fried Chicken Steak served in a White Bun with Salad. Gluten/Dairy Free option available.	*Wheat, Gluten, Celery*	
Tuesday	Soup of the Day and a sandwich with up to 2 fillings. Hot Panini, Cold Brown or White Baguette. Gluten/Dairy Free option available.	*Wheat, Gluten, May contain celery*	
Wednesday	Beef or Vegetable Lasagne and Garlic Bread. Gluten/Dairy Free option available	*Milk, Wheat, Gluten, Soybean*	
Thursday	Homemade Cheese Pizza Tart or Homemade Pepperoni Pizza Tart and Potato Wedges. Gluten /Dairy Free option available	*Milk, Wheat, Gluten,*	
Friday	Fish Fingers, Chips and Garden Peas. Gluten Free option available.	*Fish, Wheat, Gluten*	

Jacket Potatoes, Sandwiches, Wraps and Salad Bar available daily.

Week Three

Day	Meal	Allergens	Pictures
Monday	Pork or Vegetarian Sausages, Potato Puffs and Baked Beans. Gluten/Dairy Free option available.	*Metabisulphite*	
Tuesday	Hot Panini, Cold Brown or White Baguette or a Sandwich with a choice of 2 fillings. Gluten/Dairy Free option available.	*Wheat, Gluten,*	
Wednesday	Chicken or Vegetable Curry and Boiled Rice with Naan Bread. Gluten/Dairy Free option available	*Wheat, Gluten, Dairy*	
Thursday	Homemade Cheese Pie and Baked Beans or Carrots. Gluten/Dairy Free option available.	*Wheat, Gluten, Dairy, Egg*	
Friday	Fish Fingers, Chips and Garden Peas. Gluten Free option available.	*Fish, Wheat, Gluten*	

Jacket Potatoes, Sandwiches, Wraps and Salad Bar available daily.

Bread Choice	Allergens
Gluten Free Panini	*Mustard, soybean*
White Bread	*Wheat, soya*
Brown Bread	*Wheat, barley, soya*
Wrap	*Wheat, gluten*
Gluten/Dairy Free Wrap or Bread	

There is a choice of 2 fillings from:

Filling	Allergens
Cheese	*Milk*
Vegan Cheese	*GF oat fibre*
Ham	
Tuna	*Fish*
Tuna Mayo	*Fish, egg, mustard*
Egg Mayo or Sliced Egg	*Egg, mustard*
Tomato	
Spring Onion	
Coleslaw	*Egg, mustard*
Pepperoni	
Chorizo	