

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Sausage Roll & wedges (G, Ce, S) Courgette Pasta (G,Ce)	Chick'n Nuggets & Roast Veg (G,S) Quesadilla & Mexican Rice (G,D,Ce)	Meatballs & Spaghetti (G,S,Ce) Stew Pot Lentils (G, Ce,Su)	Lasagna (G,D,Ce,S) Vegetable Stir Fried Rice (S,Ce,Su)	Margarita Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Cheese cucumber sandwich (G,D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Cheese & Tomato Sandwich (G, D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Chick's nuggets wrap (D,G,S) Fresh salad bar, bread & fruits	Jacket Potato & toppings Crudites & soft cheese bagel (G,D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Selection of Mousses (D)	Carrot Cake (G,D)	Delicacies Flapjack (G)	Selection of Ice Creams (D)
WEEK 2	Main Option	Mac & Cheese (G,D,Mu,Ce) Tofu Chana Masala & Rice (S,Mu,Ce)	Fish Fingers, Mash potatoes (G,D) Enchiladas & Salsa (G,D,Ce,Mu,Su)	Hot dog & chips (G,S,Su) Thai Red Curry & Couscous (Ce,G,Mu,S)	Kebab & Pita bread and yoghurt dipping (Ce,D,S,Su,G) Lemon Pasta, Chick'n & Greens (G, S, Su)	Margarita Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Cheese cucumber sandwich (G,D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Cheese & Tomato Sandwich (G, D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Chick's nuggets wrap (D,G,S) Fresh salad bar, bread & fruits	Jacket Potato & toppings Crudites & soft cheese bagel (G,D) Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Selection of Jelly	Fruit crumble & custard (G,D,Su)	Brownie (G,D,S Su)	Selection of Ice Creams (D)

Allergens

D - Dairy | G - Gluten | S - Soya | Mu - Mustard | Ce - Celery | Su - Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1 commencing: 2/9, 16/9, 30/9, 14/10, 11/11, 25/11, 9/12, 13/1, 27/1, 10/2

Week 2 commencing: 9/9, 23/9, 7/10, 4/11, 18/11, 2/12, 6/1, 20/1, 03/2

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Main Option	Courgette Pasta (Ce)	Quesadilla & Mexican Rice (S,Ce)	Meatballs & Pasta (S,Ce)	Tofu Vegetable Stir Fried Rice (S,Ce,Su)	Margarita Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
<b>WEEK 2</b>	Main Option	Tofu Chana Masala & Rice (S,Mu,Ce)	Enchiladas & Salsa (Ce,Mu,Su,S)	Thai Red Curry & Rice (Ce,Mu,S)	Lemon Pasta, Chick'n & Greens (S, Su)	Margarita Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich of the day Fresh salad bar, bread & fruits	Jacket Potato & toppings Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day

**Allergens:**  
(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

**Please Note:**  
Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used  
Week 1 commencing: 2/9, 16/9, 30/9, 14/10, 11/11, 25/11, 9/12, 13/1, 27/1, 10/2  
Week 2 commencing: 9/9, 23/9, 7/10, 4/11, 18/11, 2/12, 6/1, 20/1, 03/2