

	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) Quesadilla & Mexican Rice (G,D,Ce)	Meatballs & Spaghetti (G,S,Ce) Stew Pot Lentils (S)	Lasagne (G,D,Ce) Vegetable Stir Fried Rice (S,Ce,Su)	Margherita 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) Tofu Chana Masala & Rice (S,Mu,Ce,S)	Fish Fingers & Mashed Potatoes (G,D) Enchiladas & Salsa (G,D,Ce,Mu,Su)	Hot Dog & Chips (G,S, Thai Red Curry & Couscous (Ce,G,Mu,S)	Kebab & Pitta Bread and Yoghurt Dipping (Ce,D,S,Su,G) Lemon Pasta, Chick'n & Greens (G, S,D, Su)	Margherita 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, 3/2,

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Courgette Pasta (Ce)	Quesadilla & Mexican Rice (S,Ce)	Meatballs & Pasta (S,Ce)	Vegetable Stir Fried Rice (S,Ce,Su)	Margherita 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
WEEK 2	Main Option	Tofu Chana Masala & Rice (S,Mu,Ce)	Enchiladas & Salsa (Ce,Mu,Su)	Thai Red Curry & Rice (Ce,Mu,S)	Lemon Pasta, Chick'n & Greens (S, Su)	Margherita 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, 3/2