



Week 3

G- contains gluten
 D-contains dairy
 E- contains egg

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

Meat Free Monday
 Cheese whirls with herby potatoes
 GD

All day breakfast
 GE

Roast dinner with mash/roast potatoes Yorkshire puddings
 GD

Sweet chili chicken noodles
 GD

Fishy Friday
 Salmon bites F with Ziggy fries and ketchup G

Vegetarian Option

Tomato and mascarpone pasta with garlic bread
 GD

Vegetarian all day breakfast
 GE

Quorn roast dinner with mash/roast potatoes Yorkshire puddings
 GD

Quorn sweet chili noodles
 GD

Fishless fingers with Ziggy fries

Vegetable

Sweetcorn

Carrots

Green beans

Mixed vegetable

Minted peas

Jacket Potato Choice

Cheese and beans
 D

Tuna EF
 Cheese D and beans

Cheese D and beans

Tuna EF
 Cheese D and

Cheese D and beans

Salad and Deli Bar

Deli Counter and a selection of fruit
 Freshly Baked Bread GD

Deli Counter and a selection of fruit
 Freshly Baked Bread GD

Deli Counter and a selection of fruit
 Freshly Baked Bread GD

Deli Counter and a selection of fruit
 Freshly Baked Bread GD

Deli Counter and a selection of fruit
 Freshly Baked Bread GD

Dessert

Yo-yo biscuit
 GD

Orange jelly with mandarin

Apple crumble and custard
 GD

Lemon cupcakes
 GD

Choc ices
 D