

THE POSITIVES

WEEK THREE

AVAILABLE DAILY – SELF SERVICE BAR
Salad bar, fruit bar, homemade breads & water.



Monday

MAIN MEAL

Chicken Goujons

GLUTEN
MAY CONTAIN
SOYA/MILK/MILK/MUSTARD

VEGGIE MEAL

Cheese Pasty

GLUTEN/EGGS/MILK

SIDES

Chips
Bakes Beans & Carrots
Homemade Bread *GLUTEN*

DESSERT

Fruity Flapjack
GLUTEN

JACKET POTATO FILLINGS

Baked Beans

Cheese
MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Tuesday

MAIN MEAL

Plain Beefburger Bun

GLUTEN/SOYA

May contain MILK if served with cheese.

VEGGIE MEAL

Veggie Burger Bun

GLUTEN/SOYA/MILK

May contain MILK if served with cheese.

SIDES

Potato Wedges
Sweetcorn & Peas
Homemade Bread *GLUTEN*

DESSERT

Toffee apple sponge & custard
GLUTEN/EGGS/MILK

JACKET POTATO FILLINGS

Baked Beans

Cheese
MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Wednesday

MAIN MEAL

Roast Chicken Dinner with Yorkshire Pudding

GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie Roast Dinner

GLUTEN/MILK/EGG

SIDES

Roast Potatoes
Roasted Carrots & Cauliflower
Homemade Bread *GLUTEN*

DESSERT

Chocolate Cookie
GLUTEN/EGG
MAY CONTAIN MILK

JACKET POTATO FILLINGS

Baked Beans

Cheese
MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Thursday

MAIN MEAL

Italiano Chicken Pasta

GLUTEN

VEGGIE MEAL

Mac "n" Cheese

GLUTEN/MILK/MUSTARD

SIDES

Pasta *GLUTEN*
Green Beans & Sweetcorn
Homemade Bread *GLUTEN*

DESSERT

Banana muffin
GLUTEN/EGG
MAY CONTAIN MILK

JACKET POTATO FILLINGS

Baked Beans

Cheese
MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA

Friday

MAIN MEAL

Fish & Chips

GLUTEN/FISH

VEGGIE MEAL

Mozzarella Panini

GLUTEN/MILK

SIDES

Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*

DESSERT

Lemon Shortbread
GLUTEN

JACKET POTATO FILLINGS

Baked Beans

Cheese
MILK

Tuna Mayo

EGG/FISH

SANDWICH OR PANINI

Cheese

GLUTEN/MILK/SOYA

Tuna Mayo

EGG/FISH/GLUTEN/SOYA

Ham

GLUTEN/SOYA



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.

Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK