

# THE POSITIVES

## WEEK ONE

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



### Monday

**MAIN MEAL**  
Pepperoni Pizza  
*GLUTEN/MILK*

**VEGGIE MEAL**  
Margherita Pizza  
*GLUTEN/MILK*

**SIDES**  
Baked Jacket Wedges  
Sweetcorn & Carrots  
Homemade Bread *GLUTEN*

**DESSERT**  
Banana Flapjack  
*GLUTEN*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

**MAIN MEAL**  
Bangers & Mash  
*GLUTEN/MILK/SULPHITES*

**VEGGIE MEAL**  
Veggie Bangers & Mash  
*MILK/SOYA*

**SIDES**  
Mashed Potato - *MILK*  
Peas & Carrots  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**  
Vanilla Sponge & Custard  
*GLUTEN/MILK/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Wednesday

**MAIN MEAL**  
Roast Chicken Dinner with Yorkshire Pudding  
*GLUTEN/MILK/EGG*

**VEGGIE MEAL**  
Veggie Roast Dinner  
*GLUTEN/MILK/EGG*

**SIDES**  
Roast Potatoes  
Roasted Root Vegetables  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**  
Chocolate Crunch  
*GLUTEN/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese *MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

**MAIN MEAL**  
Pasta Bolognese  
*GLUTEN*

**VEGGIE MEAL**  
Tomato Penne Pasta  
*GLUTEN*

**SIDES**  
Garlic Bread - *GLUTEN*  
Pasta - *GLUTEN*  
Green Beans & Broccoli  
Homemade Bread *GLUTEN*

**DESSERT**  
Iced Cupcakes  
*GLUTEN/MILK/EGGS*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Friday

**MAIN MEAL**  
Fish & Chips  
*GLUTEN/FISH*

**VEGGIE MEAL**  
Cheese & Tomato Panini  
*GLUTEN/MILK*

**SIDES**  
Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

**DESSERT**  
Chocolate Brownie  
*GLUTEN/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*



Remember to drink plenty of Water with your lunch.

**Allergen Coding:**

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