| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Meat Choice <br> (Vegetables) | Steamed Chicken \& Lemon Sauce (with rice \& carrots) (GF), (DF), (S), (C) | Chicken Alfredo Pasta (with sweetcorn) (G), (D) | Roast Beef, Yorkshire pudding (G), (E), (D), roast potatoes, peas and (optional) gravy (GF) | Mediterranean Baked Chicken (with rice \& vegetables) (GF), (DF) | Fish Goujons <br> (with potato wedges and baked beans) (DF), (G), (F) |
| Vegetarian Choice (Vegetables) | Vegetable Soft Tacos (with cheese \& carrots) (G), (D) | Vegetarian Alfredo <br> Pasta <br> (with sweetcorn) (G), <br> (D) | Margherita Pizza <br> (with peas) <br> (G), (D) | $\begin{aligned} & \text { Cheese and Onion } \\ & \text { Pastry } \\ & \text { (with vegetables) } \\ & \text { (G), (D) } \end{aligned}$ | Vegetable Nuggets (with potato wedges \& baked beans) <br> (G), (DF), (S), (C), (MU), (SS) |
| Jacket Potato | Jacket Potato with Baked Beans and Cheese (D) | Jacket Potato with Tuna Mayo (D), (F) | Jacket Potato with Baked Beans and Cheese (D) | Jacket Potato with Tuna Mayo (D), (F) | Jacket Potato with Baked Beans and Cheese (D) |
| Cold | Tuna Mayo Wrap (G), (D), (F) | Cheese (D) and Tomato <br> Roll <br> (G) | Roast Beef Roll <br> (G) | Cheese \& Pickle Baguette (D), (G) | Egg Mayo Roll (G), (D), (E) |
| Dessert | Strawberry Swiss Roll (G), (D), (E), (S) | Fruit Yoghurt (GF), (D) | Chocolate Brownie (G), (D), (E) | Sticky Toffee Cake (G), (D), (E) | Chocolate Chip Cookie (G), (D), (E), (S) |
| Fruit | Melon | Apple | Pear | Orange | Grapes |
| ALLERGY KEYS |  | SALAD BAR AVAILABLE EVERY DAY <br> GLUTEN FREE GRAVY IS AVAILABLE WITH ROAST LUNCHES BREAD (G) SERVED WITH APPROPRIATE DISHES OF THE DAY ALL CURRY DISHES CONTAIN MIXED VEGETABLES TORTILLA CHIPS SERVED REGULARLY WITH COLD CHOICE |  |  |  |
| $\begin{array}{\|l\|l} \hline \text { GF }=\text { GLUTEN FREE } \\ \text { DF }=\text { DAIRY FREE } \\ \text { G }=\text { GLUTEN } \\ \text { D }=\text { DAIRY } \\ \text { F }=\text { FISH } \\ \text { S }=\text { SOYA } \\ \hline \end{array}$ | $\begin{array}{\|l} \hline \text { E = EGGS } \\ \text { C = CELERY } \\ \text { SD = SULPHUR DIOXIDE } \\ \text { SS = SESAME SEED } \\ \text { MU = MUSTARD } \\ \text { GLF = GELATINE FREE } \\ \hline \end{array}$ |  |  |  |  |

