

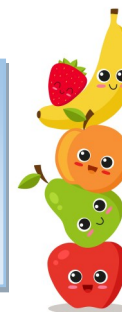


Lunch Menu

Week 1 GF

Available daily:

Fresh fruit, water and yoghurts.
Wholegrain Basil & Tomato Pasta



MONDAY



Jacket Potato

Packed Lunch

Tomato and Basil Pasta(GF)

Ice Cream with Fruit Cocktail **M**

TUESDAY



Vegan Meatballs in Tomato
Sauce with Vegetable Rice **S**

Jacket Potato

Mixed Vegetables

Green Beans

Yoghurt or Fruit

WEDNESDAY



Roast Chicken with Roast
Potatoes and Gravy

Quorn Roast **(V) M,E**

Savoy Cabbage

Sliced Carrots

Gluten Free Cake

THURSDAY



Pork Hotdog with Wedges

(no roll)

Quorn Hotdog with Wedges

(no roll) **(V) ,E**

Broccoli

Sweetcorn

Gluten Free Cookie

FRIDAY



Gluten Free White Fish and

Chips **F**,

Jacket Potato

Garden Peas

Baked Beans

Yoghurt and Fruit

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or Tuna served
with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling
on Bread, Wrap or Bap
Contents of Packed Lunch: Sandwich,
Wrap or Bap, tube of fromage fraise,
dessert of day, raisins or fruit.

Allergens: celery, cereals, crustaceans, eggs,
fish, lupin, milk, sesame, molluscs, mustard,
peanuts, soya, sulphites and gluten.



Key: G—contains gluten M—contains milk
C—contains celery powder S—contains soya

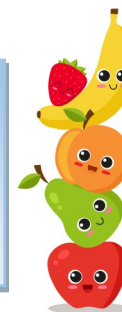


Lunch Menu

Week 2 GF

Available daily:

Fresh fruit, water, yoghurts,
Wholegrain Basil & Tomato Pasta



MONDAY



Jacket Potato

Packed Lunch

Tomato and Basil Pasta(GF)

Ice Cream with Peaches M

TUESDAY



Chicken Cottage Pie M

Vegetarian Bean Cottage Pie
(V) M

Sweetcorn
Broccoli

Gluten Free Cake

WEDNESDAY



Roast Chicken with Roast

Potatoes and Gravy

Packed Lunch (GF)

Cabbage
Diced Carrot

Yoghurt or Fruit,

THURSDAY



Jacket Potato

Packed Lunch

Tomato and Basil Pasta(GF)

Gluten Free Cookie

FRIDAY



GF Fish and Chips F,

Vegan Nuggets and Chips (V)
G

Garden Peas
Baked Beans

Gluten Free Pudding

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or
Tuna served with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling
on Bread, Wrap or Bap

Contents of Packed Lunch: Sandwich,
Wrap or Bap, Tube of Fromage Frais,
Pud of Day, Raisins or Fruit.

Allergens: celery, cereals, crustaceans, eggs,
fish, lupin, milk, sesame, molluscs, mustard,
peanuts, soya, sulphites and gluten.



Key: G—contains gluten M—contains milk
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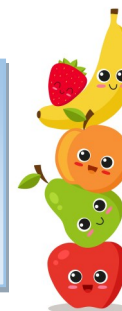


Lunch Menu

Week 3 GF

Available daily:

Fresh fruit, water and yoghurts.
Wholegrain Basil & Tomato Pasta



MONDAY



Jacket Potato

Packed Lunch

Tomato and Basil Pasta(GF)

Angel Delight with

Mandarins **M**

TUESDAY



Beef Bolognese Pasta Bake
(GF pasta)**S,M**

Quorn Pasta Bake (GF Pasta)
(V) S,M

Broccoli Florets
Mixed Vegetables

Gluten Free Cake

WEDNESDAY



Roast Chicken with Roast
Potatoes and Gravy

Vegan Slice with
Roast Potatoes **(V)**

Cabbage
Sliced Carrot

Gluten Free Cookie

THURSDAY



Jacket Potato

Packed Lunch

Tomato and Basil Pasta (GF)

Yoghurt or Fruit

FRIDAY



GF White Fish and Chips **F**

Jacket Potato

Garden Peas
Baked Beans

Chocolate Rice Krispie

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or Tuna
served with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling on
Bread, Wrap or Bap

Contents of Packed Lunch: Sandwich, Wrap or
Bap, Tube of Fromage Frais, Pud of day, Rai-
sins or Fruit.

Allergens: celery, cereals, crustaceans, eggs, fish,
lupin, milk, sesame, molluscs, mustard, peanuts,
soya, sulphites & gluten



Key: G—contains gluten M—contains milk
C—contains celery powder S—contains soya