

**Monday**



(v)(h) Mac 'n' Cheese (G.D)

or



(vg) Plant Power Burger (G)

or

**Jacket Potatoes Every Day**



(v) Cheese/Beans (D)

or



(v) Egg Mayonnaise (G.E)

**Cold Option**

**Tuesday**



(h) Beef Lasagne (G.D)

or



(vg) Garden Vegetable Fingers (G)

or



(v) Cheese (D)

or



Tuna Mayonnaise (F.E.G)

**Wednesday**



Roast Chicken Fillet  
Yorkshire Pudding (G.E.D)

or



(v) Plant Power Toad  
in the Hole (G.E.D)

or



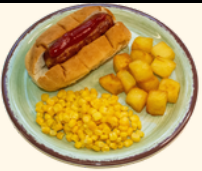
Tuna Mayonnaise (F.E)

or



British Roast Chicken (G)

**Thursday**



Pork Hot Dog (G.SU.SB)

or



(v)(h) Vegetable Curry

or



(v) Cheddar Cheese (G.D)

**Friday**



Salmon Fishcake (F.G)

or



(v) Cheese & Tomato Pizza Wedge (G.D)

or



British Ham (G)

**Week 3 Dessert Menu**

**Monday**

(v) Strawberry Whip with Fruit (D)

**Tuesday**

(v)(h) Apple Cookie (G.E)

(v) Ice Cream (D)

**Wednesday**

(v) Pancake with Fruit (G.E.D)

**Thursday**

(v)(h) Jim Jam Chocolate Brownie (G.E.D)

**Friday**

(v)(h) Carrot & Orange Cookie (G)

(v) Jelly with Fruit

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

Accompaniments may vary to those shown.

**Pasta Options Available:**

- Monday - (v)(h) Tomato Pasta Bake (G.D)
- Tuesday - (v)(h) Tomato Pasta Bake (G.D)
- Wednesday - (v)(h) Cheesy Pasta Bake (G.D)
- Thursday - (v)(h) Tomato Pasta Bake (G.D)
- Friday - (v)(h) Cheesy Pasta Bake (G.D)

PLEASE NOTE some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

**Allergen Key**

- VG-Vegan,, V-Vegetarian,
- H-Homemade, G-Gluten/Wheat,
- C-Celery, S-Sesame, F-Fish,
- M-Mustard, SU-Sulphites, D-Dairy,
- E-Eggs, SB-Soyabean.

