

Meat Free Monday



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

or



(vg) Plant Power Veggie Balls with Rustic Tomato Sauce

Tuesday



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Cheesy Pasta Bake (G.D.)

Wednesday



Roast Chicken Joint or Fillet

or



(v) Quorn Fillet (E.)

Thursday



Organic Beef and Tomato Fusilli (G.)
Optional Cheese (D.)

or



(vg) Veggie Hot Dog (G.)

Friday



Gluten Free Fish Fillet Fingers (F.)

or



(v) Broccoli and Sweetcorn Pasta (D.G.)

Every day choose from:



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



(v) Jacket Potato with Cheese and Beans (D.)

or



(v) Cheddar Cheese Sandwich (D.G.SB.),
Chocolate Cracknel (G.),
Juice Carton

or



British Roast Chicken Turkey Wrap (G.),
Yoghurt (D.), Raisin Box,
Juice Carton

or



Tuna Mayo Soft Bap (G.F.E.) Zesty
Orange Cookie (G.), Fresh Fruit,
Milkshake (D.)

or



British Roast Chicken Soft Bap (G.),
Shortbread (G.), Fresh Fruit,
Milkshake (D.)

or



(v) Cheddar Cheese Wrap (D.G.),
Chocolate and Pear Brownie (G.E.) Juice Carton

Week 3 Dessert Menu

Every day we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(vg) Homemade Chocolate Cracknel (G.)

Tuesday

Jelly with Fruit or
(v) Ice Cream Tub (D.)

Wednesday

(v) Homemade Syrup Sponge (G.E.)
with Custard (D) or
(vg) Homemade Zesty Orange Cookie (G.)

Thursday

(vg) Homemade Shortbread (G.)

Friday

(v) Homemade Chocolate and
Pear Brownie (G.E.)
(v) Ice Cream Tub (D.)

PLEASE NOTE All Deli Bags are served with either Vegetable Sticks or Salad

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

Key

vg = vegan
V = vegetarian
D = Dairy
N = Coconut/Nuts
S = Sesame
E = Egg
G = Gluten/wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

