

Lunch Menu Week One Allergens

Monday

Pork Sausage (**Gluten, Celery, Sulphites**) with Omelette (**Egg, Milk**), Hash Browns, Baked Beans and Mushrooms

Meat Free Sausage with Omelette (**Egg, Milk**), Hash Browns, Baked Beans and Mushrooms

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Tuna Mayo Wrap (**Fish, Gluten, Egg, Milk, Mustard**)

Fresh Fruit Platter

Yogurt (**Milk**) or Jam Sponge & Custard (**Egg, Gluten, Milk**)

Tuesday

Spanish Beefy Rice (**Gluten**)

Meat Free Spanish Rice (**Soya**)

Meat Free Cottage Pie

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Cheese Toastie (**Milk, Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or Carrot Cake (**Egg, Gluten, Milk, Soya**)

Wednesday

Roast Chicken and Stuffing (**Gluten**) with Roast and Mashed Potatoes (**Milk**) and Gravy (**Celery, Gluten, Soya**)

Quorn Fillet with Roast and Mashed Potatoes (**Milk**) and Gravy **Celery, Gluten, Soya**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Egg Mayo Sandwich on Brown Bread (**Egg, Gluten, Milk, Mustard**)

Fresh Fruit Platter

Yogurt (**Milk**) or Ginger Cookie (**Gluten**)

Thursday

Lasagne with Crusty Bread (**Gluten, Milk, Egg**)

Meat Free Lasagne with Crusty Bread (**Gluten, Milk, Egg**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Ham Roll (**Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or Cheese (**Milk**) and Crackers (**Gluten**)

Friday

Cheese and Tomato Pizza with Chips (**Gluten, Milk**)

Pepperoni Pizza with Chips (**Gluten, Milk**)

Salmon Goujons and Chips (**Fish, Gluten**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Fresh Fruit Platter

Yogurt (**Milk**) or Marble Cake (**Gluten, Egg, Milk, Soya**)

Bread (Gluten), Seasonal Vegetables and a Salad Bar (Egg, Mustard & Milk in coleslaw) are available every day.

Thursday is Juice Free but on other days cordials are available (Sulphites)