

THE POSITIVES

WEEK THREE

AVAILABLE DAILY – SELF SERVICE BAR
Salad bar, fruit bar, homemade breads & water.



Monday

MAIN MEAL

Halal Chicken Goujons
MAY CONTAIN
GLUTEN/EGGS

VEGGIE MEAL

Cheese Pasty
GLUTEN/EGGS/MILK

SIDES

Chips
Bakes Beans & Carrots
Homemade Bread *GLUTEN*

DESSERT

Fruity Flapjack
GLUTEN

JACKET POTATO FILLINGS

Baked Beans
Cheese
MILK

Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Tuesday

MAIN MEAL

Plain Halal Beefburger Bun
GLUTEN/SOYA/SULPHUR DIOXIDE
May contain MILK if served with cheese

VEGGIE MEAL

Veggie Burger Bun
GLUTEN/SOYA/MILK/EGG
May contain MILK if served with cheese

SIDES

Potato Wedges
Sweetcorn & Peas
Homemade Bread *GLUTEN*

DESSERT

Toffee apple sponge & custard
GLUTEN/EGGS/MILK

JACKET POTATO FILLINGS

Baked Beans
Cheese
MILK

Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Wednesday

MAIN MEAL

Halal Roast Chicken Dinner with Yorkshire Pudding
GLUTEN/EGG/MILK

VEGGIE MEAL

Veggie Roast Dinner
GLUTEN/MILK/EGG

SIDES

Roast Potatoes
Roasted Carrots & Cauliflower
Homemade Bread *GLUTEN*

DESSERT

Chocolate Cookie
GLUTEN/EGG

JACKET POTATO FILLINGS

Baked Beans
Cheese
MILK

Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Thursday

MAIN MEAL

Halal Italiano Chicken Pasta
GLUTEN

VEGGIE MEAL

Mac "n" Cheese
GLUTEN/MILK/MUSTARD

SIDES

Pasta *GLUTEN*
Green Beans & Sweetcorn
Homemade Bread *GLUTEN*

DESSERT

Banana muffin
GLUTEN/EGG
MAY CONTAIN MILK

JACKET POTATO FILLINGS

Baked Beans
Cheese
MILK

Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA

Friday

MAIN MEAL

Halal Fish & Chips
GLUTEN/FISH

VEGGIE MEAL

Mozzarella Panini
GLUTEN/MILK

SIDES

Chips
Baked Beans or Peas
Homemade Bread *GLUTEN*

DESSERT

Lemon Shortbread
GLUTEN

JACKET POTATO FILLINGS

Baked Beans
Cheese
MILK

Tuna Mayo
EGG/FISH

SANDWICH OR PANINI

Cheese
GLUTEN/MILK/SOYA
Tuna Mayo
EGG/FISH/GLUTEN/SOYA



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.

Allergen Coding: ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK