

Lunch Menu Week Three Allergens

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork Sausage (Gluten, Celery, Sulphites) with Mashed Potatoes (Milk)</p> <p>Meat Free Sausage with Mashed Potatoes (Milk)</p> <p>Jacket Potato with Cheese (Milk), Baked Beans or Tuna Mayo (Fish, Egg, Milk, Mustard)</p> <p>Egg Mayo Sandwich on Brown Bread (Egg, Milk, Mustard, Gluten)</p>	<p>Chicken Pasta Bake (Gluten, Milk)</p> <p>Meat Free Pasta Bake (Gluten, Egg, Milk)</p> <p>Jacket Potato with Cheese (Milk), Baked Beans or Tuna Mayo (Fish, Egg, Milk, Mustard)</p> <p>Ham Baguette (Gluten)</p>	<p>Roast Chicken with Roast and Mashed Potatoes (Milk) and Gravy (Celery, Gluten, Soya)</p> <p>Or</p> <p>Quorn Fillet (Egg) with Roast and Mashed Potatoes (Milk) and Gravy (Celery, Gluten, Soya)</p> <p>Jacket Potato with Cheese (Milk), Baked Beans or Tuna Mayo (Fish, Egg)</p> <p>Cheese Sandwich (Milk, Gluten)</p>	<p>Chicken Nuggets (Gluten) with Potato Wedges (Gluten)</p> <p>Veggie Nuggets (Gluten) with Potato Wedges (Gluten)</p> <p>Macaroni Cheese (Gluten, Dairy, Mustard)</p> <p>Jacket Potato with Cheese (Milk), Baked Beans or Tuna Mayo (Fish, Egg, Milk, Mustard)</p> <p>Tuna Mayo on a Brown Roll (Fish, Egg, Milk, Mustard, Gluten)</p>	<p>Fish and Chips (Fish, Gluten, Egg, Milk)</p> <p>Cheese Flan with Chips (Milk, Gluten, Egg)</p> <p>Jacket Potato with Cheese (Milk), Baked Beans or Tuna Mayo (Fish, Egg, Milk, Mustard)</p>
<p>Fresh Fruit Platter</p> <p>Yogurt (Milk) or Apple Crumble (Gluten) and Custard (Milk, Egg)</p>	<p>Fresh Fruit Platter</p> <p>Yogurt (Milk) or Blueberry Muffin (Gluten, Egg)</p>	<p>Fresh Fruit Platter</p> <p>Yogurt (Milk) or Shortbread (Gluten, Egg)</p>	<p>Fresh Fruit Platter or Cheese (Milk) and Crackers (Gluten)</p>	<p>Fresh Fruit Platter, Yogurt (Milk) or Iced Sponge (Gluten, Milk, Egg)</p>

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)