

Lunch Menu Week Two Allergens

Monday

Beef Burger in a Bun (**Milk, Egg, Soya, Celery, Mustard, Gluten**) with Corn on the Cob

Veggie Burger (**Gluten, Milk, Mustard**) in a Bun (**Gluten**) with Corn on the Cob

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

Tuna Mayo on a Brown Roll (**Fish, Egg, Gluten, Milk, Mustard**)

Fresh Fruit Platter

Yogurt (**Milk**) or

Cookie (**Gluten, Milk, Egg**)

Tuesday

Vegan Spaghetti Bolognese (**Gluten, Soya**) with Garlic Bread (**Gluten**)

Or

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

Lemon Drizzle Cake (**Gluten, Milk, Egg**)

Wednesday

Roast Gammon (**Sulphites**) with Pineapple, Roast and Mashed Potatoes (**Milk**) and Gravy (**Celery, Gluten, Soya**)

Quorn Fillet (**Egg**) 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**)

Cheese Baguette (**Milk, Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or

Flapjack (**Gluten**)

Thursday

Chicken Curry with Rice and Naan Bread (**Gluten, Milk, Mustard**)

Quorn Curry (**Egg**) with Rice and Naan Bread (**Gluten, Milk, Mustard**)

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

Ham on White Bread (**Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or

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

Friday

Fish Cake and Chips (**Fish, Gluten, Milk, Mustard**)

Vegan 'Sausage' Roll and Chips (**Gluten, Soybean**)

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

Fresh Fruit Platter

Yogurt (**Milk**) or

Iced Sponge Cake (**Gluten, Milk Egg**)

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)