

Week One SUMMER				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meat Main: Chicken Shawarma (Plain chicken Available) (GF/DF/V)</p> <p>Vegetarian Main: (V) Vegan Shawarma Kofta</p> <p>Served with: Bulgar Wheat, Tzatziki, Folded Flat Bread Seasonal Vegetables (GF Bread Available)</p> <p>Alternative to main: Jacket Potato (VE) Cheese (Ve available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads (V/VE) Tuna/Ham/Egg</p> <p>Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning Snack Cheese Sticks & Crackers (DF/GF available)</p>	<p>Meat Main: PASTA DAY Homemade Sausage & chorizo Tomato pasta (GF/DF Free Available)</p> <p>Vegetarian Main: (V) Feta & Spinach Tomato Pasta (GF Pasta Available)</p> <p>Served with Garlic Bread (GF available) Plain Pasta Parmesan Cheese Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (VE) Cheese (Ve available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads(V/VE) Tuna/Ham/Egg</p> <p>Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning Snack Rice Crackers & Houmous Dip</p>	<p>Meat Main: Grilled Gammon Steaks with Grilled Tomato & Pineapple</p> <p>Vegetarian Main: Vegan Butternut Squash Tart (GF/DF Available)</p> <p>Served with: Sweet potato Fries Seasonal vegetables</p> <p>Alternative to main: Jacket potato (V/VE/DF) Cheese (Ve available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads (V/VE) Tuna/Ham/Egg</p> <p>Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-Morning snack Breadsticks and Cream Cheese (GF DF Available)</p>	<p>Meat Main: PIZZA DAY Assorted Wholemeal topped Pizza (GF/DF+ Plain Pizza Available)</p> <p>Vegetarian Main (V) Vegetarian Topped Pizza (GF/DF+ Plain Pizza Available)</p> <p>Served with: Garlic Bread Seasoned Potato Wedges (GF/DF Ga Bread Available)</p> <p>Alternative to main: Jacket potato (V/VE/DF) Cheese (Ve available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted Salads (V/VE) Tuna/Ham/Egg</p> <p>Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-Morning snack Pizza Swirls & Cheese Puff Pastry Swirls (GF DF Swirls Available)</p>	<p>Main: Melt in the Middle-Smoked Haddock Fish Cake (GF option available) + Baked Plain Fish Available</p> <p>Vegetarian Main: (V) Vegan Crumbed Schnitzel (GF/DF)</p> <p>Served with: Home-made skin on chips (V) Seasonal Vegetables (V)</p> <p>Alternative to main: Jacket potato (V/VE/DF) Cheese (Ve available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads (V/VE) Tuna/Ham/Egg/Smoked Mackerel Fillets</p> <p>Side: Baguettes, Wholemeal or white bread roll Gluten free wraps available (V/VE)</p> <p>Desserts: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-Morning Snack Chocolate drizzle Flapjacks (GF/DF available)</p>

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan