

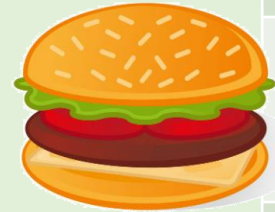
LUNCH MENU – WEEK 1 Gluten/Dairy free/Vegan



15th Apr - 6th May - 3rd & 24th June - 15 Jul - 9th & 30th Sept-21st Oct 2024

Malted, Wholemeal Sliced Baguettes, Low Fat Yoghurts, Milk and Water available daily. All Special Diets catered for.

Monday	Tuesday	Wednesday	Thursday	Friday
Butchers Pork Sausages DF/GF	Butchers Mince Beef Nachos & Wholegrain Rice DF/GF	Chicken DF/GF with Sage & Onion Stuffing DF/Vegan	Harry Ramsdens Battered Salmon Fillets GF Fish Fingers	Pork or Vegan/DF/GF Meatballs in Tomato Sauce with GF Pasta
Spanish Omelette/ or Vegan Sausage	Cheese Pasty or Vegan Sausage Roll & Tomato Pasta	Vegetarian Roast or Quorn Fillet Vegan	Vegan Nuggets DF/Vegan	Oaty Veggie Crumble Vegan/DF Cheese & Creamy Mash Potato
Jacket Potato with Tuna, Beans or DF/Vegan Cheese	Jacket Potato with Tuna, Beans or DF/Vegan Cheese		Jacket Potato with Tuna, Beans or DF/Vegan Cheese	
Potato Wedges, Baked Beans & Mixed Vegetables	Sweetcorn & Green Beans	Roast or Mash Potato, Sliced Carrots, Cabbage & Gravy	Chips, Wholemeal Pasta Peas, Tomato Sauce & Coleslaw	Fresh Sliced Carrots & Sweetcorn
Fruit Smoothie DF/GF/Vegan	Pip Organic Lolly DF/GF/Vegan	Strawberry Mousse or with Smoothie DF/Vegan Berry Compote GF	Fruity Flapjack DF/Vegan GF Bar	Fresh Fruit
Ham Roll	Cheese Roll	Ham Roll	Tuna Roll	Sausage Roll

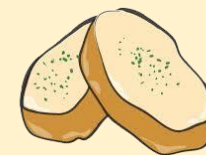




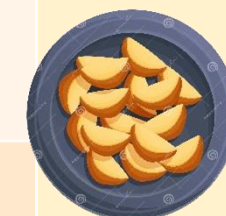
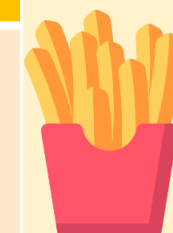
LUNCH MENU – WEEK 2 – *Gluten/Dairy free/Vegan*

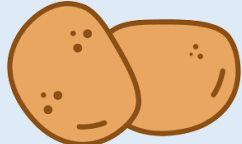
22nd Apr-13th May - 10th June - 1st & 22nd July – 16th Sept. – 7th Oct.

Malted, Wholemeal Sliced Baguettes, Low Fat Yoghurts, Milk and Water available daily. All Special Diets catered for.



Monday	Tuesday	Wednesday	Thursday	Friday
DF Cheese burger (100% Beef) in a GF Bun	Chicken Curry, Wholegrain Rice DF/GF & Naan Bread DF/Vegan	Toad in the Hole (GF/DF Butchers Sausage or Vegan Sausage & Yorkshire Pudding)	Jumbo Fish Fingers GF/DF Fish Fingers	Chicken Goujons with Tomato Pasta
Roasted Stuffed DF/Vegan Peppers GF with Feta	Macaroni Cheese or DF/Vegan Tomato GF Pasta Bake & Crusty Bread	Herby Lentil Loaf DF	Vegan Sausage Roll DF/Vegan	Sweet & Sour Quorn Fillets with Rice DF/GF/Vegan or Noodles
Jacket Potato with Tuna, Beans or DF/Vegan Cheese	Jacket Potato with Tuna, Beans or DF/GF/Vegan Cheese		Jacket Potato with Tuna, Beans or DF/GF/Vegan Cheese	
Potato Wedges, Peas & Corn on Cob	Mixed Vegetables	Roast or Mash Potato with Fresh Sliced Carrots, Cabbage & Gravy	Chips, Pasta, Peas, Coleslaw & Tomato Sauce	Sweetcorn & Broccoli
Pip Organic Ice Lolly DF/GF/Vegan	Fruit Jelly DF/GF/Vegan	Fresh Fruit	Date & Rice Crispy Cake DF/GF/Vegan Bar	Fruit Smoothie DF/GF/Vegan
Ham Roll	Cheese Roll	Ham Roll	Tuna Roll	Sausage Roll



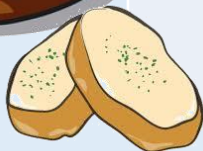


LUNCH MENU – WEEK 3 Gluten/Dairy free/Vegan



29th Apr. – 20th May – 17th June – 8th July – 2nd & 23rd Sept. – 14th Oct.

Malted, Wholemeal Sliced Baguettes, Low Fat Yoghurts, Milk and Water available daily. All Special Diets catered for.



Monday	Tuesday	Wednesday	Thursday	Friday
(Meat Feast) Pizza with DF/Vegan Cheese or GF Base	Butchers Mince Beef DF/GF Pasta Bolognaise	Chicken DF/GF with Sage & Onion Stuffing DF	DF Fish Shop Breaded Cod Nuggets DF/GF Fish Fingers	Chicken & Ham Pasta Bake or DF/GF/Vegan Tomato (GF) Pasta Bake
Vegan Burger DF/GF/Vegan in a GF Bun	Cheese Wheels & Vegan Sausage Roll Tomato Pasta	Vegan Cauliflower Bites DF/GF/Vegan	Vegan Sausage Bap	Chinese Style Vegetable & Noodle Wrap or Rice DF/GF/Vegan
Jacket Potato with Tuna, Beans or DF/GF/Vegan Cheese	Jacket Potato with Tuna, Beans or DF/GF/Vegan Cheese		Jacket Potato with Tuna, Beans or DF/GF/Vegan Cheese	
Potato Wedges Pasta, Peas & Sweetcorn	Mixed Vegetables	Roast or Mash Potato, Sliced Carrots, Broccoli & Gravy	Chips, Pasta, Peas, Coleslaw & Tomato Sauce	Carrot & Cucumber Sticks
Fruit Smoothie DF/GF/Vegan	Fresh Fruit	Fruit Jelly DF/GF/Vegan	Pip Organic Lolly DF/GF/Vegan	Cookie DF/Vegan
Ham Roll	Cheese Roll	Ham Roll	Tuna Roll	Sausage Roll