

Week A	Item 1	Item 2	Item 3	
Monday	Chicken & Rainbow Slaw Brown Roll (D) (G)	wholemeal roll, shredded chicken breast, red cabbage, carrot, white onion, soft cheese, natural yoghurt	Sweetcorn & Diced Pepper	Greek Style Vanilla Yoghurt (D)
Tuesday	Homemade Roasted Red Onion, Pepper & Courgette Wholemeal Pizza (D) (G) (T)	cheese, tomato, garlic, oregano, basil, pepper, sunflower oil, wholemeal pizza base, diced mixed peppers, courgette, red onion	Hard Boiled Egg Wedges (E)	Orange Slices
Wednesday	Soft Flour Wrap (G) with Egg & Cheese (D) (E)	tortilla wrap hard boiled egg, grated cheddar cheese, soft cheese	Cucumber	Banana & Blueberry Oat Bar (G)
Thursday	Tomato, Courgette & Mozzarella Pasta (D) (G) (T)	pasta, diced mozzarella, basil, rapeseed oil, tomato, garlic, oregano, basil, pepper, sunflower oil, vegetable stock, courgette, oregano, diced mixed peppers	Corn Cake with Pea & Spinach Houmous (PU)	Diced Apple & Apricot
Friday	Spinach, Red Onion, Lentil & Cheddar Muffin (D) (E) (G) (PU) (S)	savoury scone mix, self raising flour, baking powder, grated cheddar cheese, red lentils, spinach, red onion, rapeseed oil	Roast Chicken Slices	Melon Slices

Week B	Item 1	Item 2	Item 3	
Monday	Tuna, Cucumber & Mayonnaise Flatbread (F) (G)	tuna, vegan mayonnaise, cucumber, wholemeal flatbread	Grated Courgette & Carrot	Cheddar & Chive Cornbread (D) (E) (G) (S)
Tuesday	Soft Flour Wrap (G) with Grated Cheddar & Rainbow Slaw (D)	tortilla wrap cheese, red cabbage, carrot, white onion, soft cheese, natural yoghurt	Roast Chicken Slices	Diced Peaches
Wednesday	Broccoli, Feta & Spring Onion Muffin (D) (E) (G) (S)	savoury muffin mix, self raising flour, baking powder, feta cheese, broccoli, spring onion, rapeseed oil	Hard Boiled Egg Wedges (E)	Orange Slices
Thursday	Turkey, Spinach & Creme Fraiche White Roll (D) (G) (PU)	white roll, turkey, spinach, soft cheese, natural yoghurt	Cucumber	Melon Slices
Friday	Homemade Pineapple & Roasted Vegetable Wholemeal Pizza (D) (G) (T)	cheese, tomato, garlic, oregano, basil, pepper, sunflower oil, wholemeal pizza base, pineapple in natural juice, diced mixed peppers, courgette, red onion	Corn Cake with Soft Cheese (D)	Apricot Protein Bar (G) (PU) (SD)

Week C	Item 1	Item 2	Item 3	
Monday	Egg, Spinach & Soft Cheese Wholemeal Roll (D) (E) (G)	hard boiled egg, grated cheddar cheese, spinach, soft cheese, wholemeal flatbread	Sweetcorn & Diced Pepper	Fruit Loaf (G) (S) (SD)
Tuesday	Soft Flour Wrap (G) with Tuna, Sweetcorn & Creme Fraiche (D) (F)	tortilla wrap tuna, soft cheese, sweetcorn, natural yoghurt	Grated Courgette & Carrot	Melon Slices
Wednesday	Chickpea, Courgette, Carrot & Feta Muffin (D) (E) (G) (PU) (S)	savoury scone mix, self raising flour, baking powder, feta cheese, courgette, carrot, rapeseed oil, grated cheddar cheese, chickpeas	Hard Boiled Egg Wedges (E)	Diced Apricots
Thursday	Homemade Chicken & Roasted Vegetable Wholemeal Pizza (D) (G) (T)	cheese, tomato, garlic, oregano, basil, pepper, sunflower oil, wholemeal pizza base, shredded chicken breast, diced mixed peppers, courgette, red onion	Cucumber	Strawberry Fromage Frais (D)
Friday	Grated Cheese, Carrot & Cucumber Wholemeal Roll (D) (G)	cucumber, wholemeal flatbread, carrot, grated cheddar cheese, vegan mayonnaise	Roast Chicken Slices	Orange Slices

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

