

Menu - Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
Sausages	BBQ Chicken	Roast Chicken with gravy	Beef Bolognese	Fish Fingers Oven Baked Fish
Vegetable Noodles	Jacket Potato with Cheese/Tuna	Vegetable Chilli	Vegetable and Bean Burritos	Ploughmans Plate (Cheese, Apple, Pickled Onion*, Lettuce, Tomato, Cucumber)
Bread Roll	Wholegrain Rice	Mash Potatoes Rice	Pasta	Chips
Spaghetti Hoops Sweet Corn	Green Salad Mixed Vegetables	Cabbage Carrots	Sweetcorn Plum Tomatoes	Beans Peas
Jam Sponge with Custard	Orange Jelly with Mandarins	Peach Crumble with Custard	Fozen Yoghurt	Banana Cake with Custard

- Gluten
- Eggs
- Fish
- Soybeans
- Milk
- Wheat
- Celery
- Mustard
- Sesame
- Sulphur Dioxide
- Lupin
- Barley

* contains metabisulphite

Salad/Fresh Fruit available from the Salad Cart A selection of breads available daily, served without butter/margarine

Refreshments provided to all students - Milk and Water including those on packed lunch