

Menu - Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajitas	BBQ Chicken with Wholegrain Rice	Roast Gammon with Gravy	Margarita Pizza	Fish Fingers Oven Baked Fish
Tomato and Herb Pasta Bake	Cheese/Tuna Jacket Potato	Baked Fish in a White Sauce	Tuna/Spring Onion Fish Cakes	Cheese Quiche
Salad		Mash Potatoes	Garlic Bread	Chips
Baked Beans	Green Beans Sweetcorn	Cabbage Carrots	Spaghetti Hoops Coleslaw	Baked Beans Peas
Rice Pudding	Carrot Cake	Iced Pineapple Cake	Toffee Whip with Banana	Orange Jelly with Mandarins

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

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 	