

Autumn/Winter Menu 2024-2025 - Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Euro/Halal	Euro/Halal	Euro/Halal	Euro/Halal	Euro/Halal
Vegetable Biryani with Naan Bread & Cucumber Raita **Wheat Gluten, Milk**	Marinated Chicken with Rice and Corn on the Cob Allergen free	Sausage & Bean Chilli Casserole with Mashed Potatoes and Broccoli **Wheat Gluten, Soya, Sulphites**	Sweet Chili Chicken with Stir Fried Vegetables and Noodles **Wheat Gluten, Egg**	Tuna & Broccoli Bake with Garlic Slice and Salad **Wheat Gluten, Fish, Milk**
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Crispy Quorn Wraps with Jacket Wedges and Salad **Wheat Gluten, Sulphites**	Veggie Balls in Sweet Pepper Sauce with Rice and Corn on the Cob **Soya, Barley Gluten**	Vegetarian Bolognese with Pasta and Broccoli **Wheat Gluten, Soya**	Veggie Enchiladas with Diced Potatoes and Salad **Wheat Gluten, Milk, Soya, Sulphites**	Five Spice Quorn with Rice and Green Beans **Wheat Gluten, Soya**
Salad Bar available for all meal options Allergen free	Salad Bar available for all meal options Allergen free	Salad Bar available for all meal options Allergen free	Salad Bar available for all meal options Allergen free	Salad Bar available for all meal options Allergen free
Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish	Alternative Dish
Jacket Potato with Cheese & Beans or Tuna Mayo **Milk, Fish, Egg**	Jacket Potato with Cheese & Beans or Tuna Mayo **Milk, Fish, Egg**	Jacket Potato with Cheese & Beans or Tuna Mayo **Milk, Fish, Egg**	Jacket Potato with Cheese & Beans or Tuna Mayo **Milk, Fish, Egg**	Jacket Potato with Cheese & Beans or Tuna Mayo **Milk, Fish, Egg**
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Bread Roll – Cheese Tuna Mayo Egg Mayo **Wheat Gluten, Milk, Fish, Egg, Soya**	Wrap - Cheese Tuna Mayo Egg Mayo **Wheat Gluten, Milk, Fish, Egg**	Sandwich – Cheese Tuna Mayo Egg Mayo On 50/50 Bread **Wheat Gluten, Milk, Fish, Egg, Soya**	Baguette - Cheese Tuna Mayo Egg Mayo **Wheat Gluten, Milk, Fish, Egg**	Sub Roll – Cheese Tuna Mayo Egg Mayo **Wheat Gluten, Milk, Fish, Egg, Soya**
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit Salad Yoghurt **Milk**	Jelly **Allergen free**	Fresh Fruit, Yoghurt Cheese and Crackers **Milk, Wheat Gluten**	Oat Crunchie **Wheat & Oat Gluten**	Fruity Frozen Yoghurt with Fruit **Milk**

****GLUTEN AND MILK FREE OPTIONS ARE AVAILABLE FOR ALL MENU ITEMS****

Desserts are low fat, low sugar