

Monday

Available every day

Selection of sandwiches with or without salad
(G, D, V options)

Jacket potato with cheese, beans
(not everyday - as advertised) (D, V)

Fresh fruit

A selection of biscuits (G, D, V)

All main meals served with a portion of vegetables
to promote healthy plate regulations.

Halal options available every day.

Allergens

Katsu sauce- soya, wheat

Chapatti - wheat

Prawn cracker - crustaceans, metabisulphate

Chinese style curry sauce - wheat, soya,
celery, mustard

Veggie stir fry special sauce - soy and soya

Lamb meatballs - wheat, soya

Chicken meatballs- wheat, soya, celery

Tomato and mascarpone sauce - milk

Mozzarella - milk

Chow Mein sauce - soya, wheat, sesame

Egg noodles - wheat, egg

Black bean sauce - soya, wheat, sesame

Cheese and onion pie - wheat, milk, egg

Main:

Lamb or chicken meatballs

in a rich tomato sauce with
mozzarella pasta, and garlic bread

Veggie:

Tomato and mascarpone
meatless meatballs

with mozzarella pasta, and garlic bread

Jacket potato, cheese & beans

Dessert:

Iced ginger cake

Cold
sandwiches

cheese, ham,
tuna, with or
without salad

Tuesday

Available every day

Selection of sandwiches with or without salad
(G, D, V options)

Jacket potato with cheese, beans
(not everyday - as advertised) (D, V)

Fresh fruit

A selection of biscuits (G, D, V)

All main meals served with a portion of vegetables
to promote healthy plate regulations.

Halal options available every day.

Allergens

Katsu sauce- soya, wheat

Chapatti - wheat

Prawn cracker - crustaceans, metabisulphate

Chinese style curry sauce - wheat, soya,
celery, mustard

Veggie stir fry special sauce - soy and soya

Lamb meatballs - wheat, soya

Chicken meatballs- wheat, soya, celery

Tomato and mascarpone sauce - milk

Mozzarella - milk

Chow Mein sauce - soya, wheat, sesame

Egg noodles - wheat, egg

Black bean sauce - soya, wheat, sesame

Cheese and onion pie - wheat, milk, egg

Main:

Katsu style chicken curry

rice, chapatti, poppadom

Veggie:

Katsu style sweet potato
and chickpea curry

rice, chapatti, poppadom

Jacket potato, cheese & beans

Dessert:

Sprinkle iced cake

Cold
sandwiches

cheese, ham,
tuna, with or
without salad

Wednesday

Available every day

Selection of sandwiches with or without salad
(G, D, V options)

Jacket potato with cheese, beans
(not everyday - as advertised) (D, V)

Fresh fruit

A selection of biscuits (G, D, V)

All main meals served with a portion of vegetables
to promote healthy plate regulations.

Halal options available every day.

Allergens

Katsu sauce- soya, wheat

Chapatti - wheat

Prawn cracker - crustaceans, metabisulphate

Chinese style curry sauce - wheat, soya,
celery, mustard

Veggie stir fry special sauce - soy and soya

Lamb meatballs - wheat, soya

Chicken meatballs - wheat, soya, celery

Tomato and mascarpone sauce - milk

Mozzarella - milk

Chow Mein sauce - soya, wheat, sesame

Egg noodles - wheat, egg

Black bean sauce - soya, wheat, sesame

Cheese and onion pie - wheat, milk, egg

Main:

Roast dinner
gammon or sausage

pork or halal chicken, roasted
potatoes, broccoli and carrots,
Yorkshire puddings, gravy

Veggie:

Veggie sausage option

roasted potatoes, broccoli and carrots,
Yorkshire puddings, gravy

Jacket potato, cheese & beans

Dessert:

Lemon drizzle muffins

Cold
sandwiches

cheese, ham,
tuna, with or
without salad

Thursday

Available every day

Selection of sandwiches with or without salad
(G, D, V options)

Fresh fruit

A selection of biscuits (G, D, V)

All main meals served with a portion of salad
to promote healthy plate regulations.

Halal options available every day.

Allergens

Katsu sauce- soya, wheat	Chicken meatballs - wheat, soya, celery
Chapatti - wheat	Tomato and mascarpone sauce - milk
Prawn cracker - crustaceans, metabisulphate	Mozzarella - milk
Chinese style curry sauce - wheat, soya, celery, mustard	Chow Mein sauce - soya, wheat, sesame
Veggie stir fry special sauce - soy and soya	Egg noodles - wheat, egg
Lamb meatballs - wheat, soya	Black bean sauce - soya, wheat, sesame
	Cheese and onion pie - wheat, milk, egg

Main:

SFC burgers
Cheeseburgers
Variety of sauces & salads

Veggie:

Crispy crumb veggie
burger or Cheese paninis
Variety of sauces & salads

Dessert:

Chocolate iced cake

Cold
sandwiches
cheese, ham,
tuna, with or
without salad

Friday

Available every day

Selection of sandwiches with or without salad
(G, D, V options)

Fresh fruit

A selection of biscuits (G, D, V)

Halal options avaiable every day.

Allergens

Katsu sauce- soya, wheat	Chicken meatballs - wheat, soya, celery
Chapatti - wheat	Tomato and mascarpone sauce - milk
Prawn cracker - crustaceans, metabisulphate	Mozzarella - milk
Chinese style curry sauce - wheat, soya, celery, mustard	Chow Mein sauce - soya, wheat, sesame
Veggie stir fry special sauce - soy and soya	Egg noodles - wheat, egg
Lamb meatballs - wheat, soya	Black bean sauce - soya, wheat, sesame
	Cheese and onion pie - wheat, milk, egg

Main:

Tempura chicken
with chips

Curry sauce or gravy

Veggie:

Cheese & tomato
pizza with chips

Curry sauce or gravy

Dessert:

Brownies

Cold
sandwiches

cheese, ham,
tuna, with or
without salad