

Monday

Available every day

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

Jacket potato with cheese, beans or both
(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:

Pasta Bolognese
with garlic bread

Veggie:

Tomato and basil pasta
with garlic bread

Jacket potato, cheese & beans

Dessert:

Iced chocolate 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 or both
(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 avaiable 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:

Chinese style chicken curry
with peas, rice, chapatti, poppadom

Veggie:

Quorn vegetable stir fry
with special sauce, rice, chapatti, poppadom

Jacket potato, cheese & beans

Dessert:

Iced lemon 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 or both
(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

turkey 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:

Biscoff cake

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

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:

SFC burgers
Cheeseburgers

Variety of sauces & salads

Veggie:

Quarter pound veggie
burger or Cheese paninis

Variety of sauces & salads

Dessert:
Ginger buns

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 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:

Popcorn 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

