

Week Three SUMMER				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meat Main: Southern Baked Chicken served in a bap & Salsa (DF)</p> <p>Vegetarian Main: Vegetarian Quiche of the day (V/GF)</p> <p>Served with: New potatoes Broccoli (v) Carrots (v)</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (Ve available)</p> <p>Salad Bar –Assorted salads (v)</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p>Mid-morning snack Mini Malt loaf (GF/DF/V available)</p>	<p>Meat Main: Pizza Day Assorted Pizzas Gf/DF pitta pizza</p> <p>Vegetarian Main: Vegetarian topped Pizza (V/VE/DF)</p> <p>Served with: Med style Veg Tomato & Basil Pasta</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (Ve available)</p> <p>Salad Bar –Assorted salads</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit pots, Jelly and Yoghurts (V/GF)</p> <p>Mid-morning snack Sliced bagel with cream cheese. (GF/DF/V available)</p>	<p>Meat Main: Roast Gammon (GF/DF)</p> <p>Vegetarian Main: Sweet potato Cajun Roulade (ve)(gf)</p> <p>Served with: Buttered Crushed New potato. Corn on the cobs (v) Cauliflower cheese (v)</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (ve available)</p> <p>Salad Bar – Assorted salads (v)</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF)</p> <p>Dessert: Fresh fruit pots, Jelly and yoghurts (V/GF)</p> <p>Mid-morning snack Cheese swirls (GF/DF available)</p>	<p>Meat Main: Beef Tacos</p> <p>Vegetarian Main: Vegetarian & 5 Bean chilli (V/VE/DF)</p> <p>Served with: Crunchy Taco Shells Mexican Rice Sweetcorn Sour Cream Guacamole</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (Ve available)</p> <p>Salad Bar – Assorted salads</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF)</p> <p>Dessert: Fresh fruit pot, Jelly and Yoghurts (V/GF)</p> <p>Mid-morning snack Anzac cookie GF/DF cookies available)</p>	<p>Meat Main: Battered pollock Fillets</p> <p>Vegetarian Main: Cheese & Tomato Puff pastry Slice</p> <p>Served with: Home -made skin on Chips (V). Carrots(v) Beans (v) Peas(v)</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (Ve available) Baked Beans (Ve)</p> <p>Salad Bar – Assorted salads(v)</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF) Fresh fruit pot, Jelly and Yoghurts(V/GF)</p> <p>Mid-morning snack Banana cake (GF/DF/V available)</p>

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan