



**Meat Free Monday**



(v) Cheese and Tomato Pizza Wedge (D.G.)

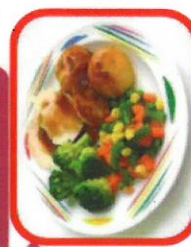
**Tuesday**



(vg) Breadcrumbed Vegetable Fingers (G.)

Organic Beef Grill (G.) in a Bun (G.)

**Wednesday**



OR

Roast Chicken Joint or Fillet

**Thursday**



(vg) Veggie Hot Dog (G.SB.SU.)

**Friday**



(v) Pasta in a Rich Tomato Sauce (D.G.)

**Every day choose from:**



(v) Jacket Potato with Cheese (D.)

OR



Jacket Potato with Tuna Mayonnaise (E.F.)

OR



(v) Jacket Potato with Cheese and Beans (D.)



(v) Cheese Sandwich (D.G.SB.)

**Tuesday**

Jelly with Fruit  
(v) Ice Cream Tub (D.)

**Wednesday**

(v,h) Homemade Up Beet Chocolate Cake (G.E.) with Hot Chocolate Sauce (D.)

**Thursday**

(vg) Homemade Zesty Orange Cookie (G.)

**Friday**

(v,h) Homemade Favourite Fruit Muffin (G.E.D.)  
(v) Ice Cream Tub (D.)



All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi-skimmed milk and water to drink.

**Accompaniments may vary to those shown.**

**Key**

- vg = vegan
- V = vegetarian
- D = Dairy
- N = Coconut/Nuts
- S = Sesame
- E = Egg
- G = Gluten/Wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites