



SMART CHOICES



Mon



Reduced Fat Beef Burgers in a Bap¹ (Gluten Free Roll Available on Request)



Quorn and Bean Bolognese² with Pasta³ (Gluten Free Pasta Available on Request)



Potato Wedges



Baked Beans & Garden Peas & Sweetcorn



Salad Tray



Bread⁴



Reduced Sugar Cinnamon & Raisin Cookie⁵ (Gluten Free Option Available on request)



Yoghurt⁶



Fresh Fruit

ALLERGEN INFORMATION

¹ Contains (Gluten (Wheat))

² Contains Gluten (Barley), Egg

³ Contains Gluten (Wheat)

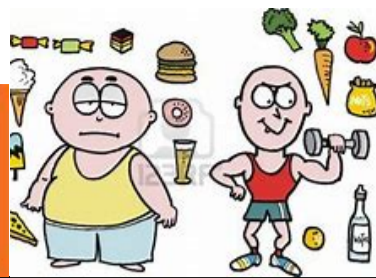
⁴ Contains Gluten (Wheat), Soya Bean

⁵ Contains Eggs & Gluten (Wheat)

⁶ Contains Milk



SMART CHOICES



Tue



Chicken Curry of The Week⁷ with Steamed Rice



Quorn Vegan Nuggets⁸ with Barbeque Sauce⁹ and Rice



Cauliflower Florets & Green Beans



Salad Tray



Bread¹⁰



Date Slice¹¹ & Custard¹² (Gluten Free Option Available on request)



Yoghurt¹³



Fresh Fruit

ALLERGEN INFORMATION

⁷ Contains Mustard

⁸ Contains Gluten (Wheat)

⁹ Contains Soya Bean, Gluten (Barley), Gluten (Wheat), Celery

¹⁰ Contains Gluten (Wheat), Soya Bean

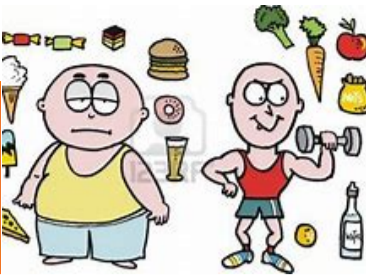
¹¹ Contains Gluten (Wheat), Gluten (Oats)

¹² Contains Milk

¹³ Contains Milk



SMART CHOICES



Wed



Roast Chicken Breast with Sage & Onion Stuffing Balls¹⁴



Vegetarian Sausage¹⁵ Casserole



Roast Potatoes



&



Brussel Sprouts & Baton Carrot



Salad Tray



Bread¹⁶



Ring Doughnuts¹⁷ (Gluten Free Option Available on Request)



Yoghurt¹⁸



Fresh Fruit

ALLERGEN INFORMATION

¹⁴ Contains Gluten (Wheat)

¹⁵ Contains Soya Bean, Celery

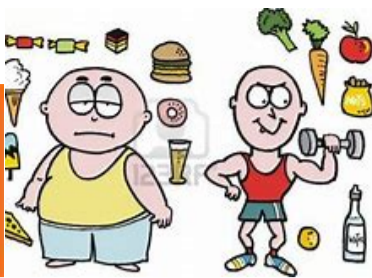
¹⁶ Contains Gluten (Wheat), Soya Bean

¹⁷ Contains Gluten (Wheat), Eggs

¹⁸ Contains Milk



SMART CHOICES



Thu



West African Beef Stew



Vegetarian Quiche¹⁹ (Gluten Free Option Available on Request²⁰)



Mashed Potatoes & Mixed Vegetables



Salad Tray



Bread²¹



&

Reduced Sugar Fruit Crumble²² with Custard²³ (Gluten Free Option Available on Request)



Yoghurt²⁴



Fresh Fruit

ALLERGEN INFORMATION

¹⁹ Contains Mustard

²⁰ Contains Gluten (Wheat), Milk, Eggs

²¹ Contains Gluten (Wheat), Soya Bean

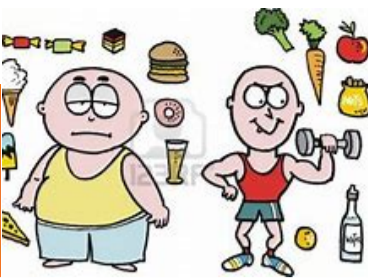
²² Contains Gluten (Wheat)

²³ Contains Milk

²⁴ Contains Milk



SMART CHOICES



Fri



Fish In Breadcrumbs²⁵ (Gluten Free Option Available on Request)



Rice and Bean Burrito²⁶ (Gluten Free Option Available on Request)



Chips



**&
Baked Beans & Garden Peas**



Salad Tray



Bread²⁷



Fruit Salad



Yoghurt²⁸



Fresh Fruit

ALLERGEN INFORMATION

²⁵ Contains Fish (Pollack), Gluten (Wheat)

²⁶ Contains Gluten (Wheat)

²⁷ Contains Gluten (Wheat)

²⁸ Contains Milk, Soya Bean