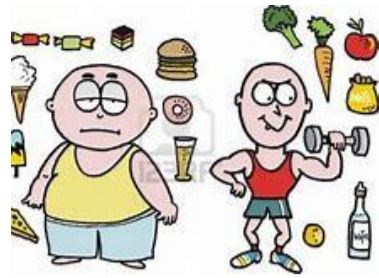


SMART CHOICES



MAIN SCHOOL

Mon



Homemade Ham & Cheese Pizza¹ (Gluten or Dairy Free Option Available on request)



Breaded Vegetable Burger² with Tomato Salsa



Jacket Potato or Pasta³ Of The Day



Herby Jacket Wedges



Baked Beans & Sweetcorn



Salad Bar



Bread⁴



Fruit and Ice Cream⁵



Yoghurt⁶



Fresh Fruit

ALLERGEN INFORMATION

¹ Contains Gluten (Wheat), Soya Bean & Milk

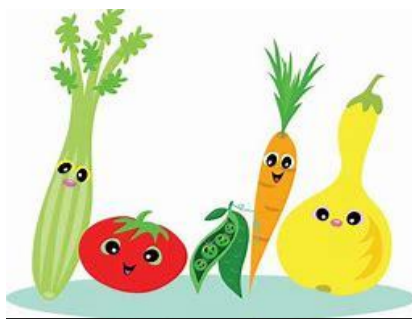
² Contains Gluten (Wheat), Sulphites

³ Contains Gluten (Wheat)

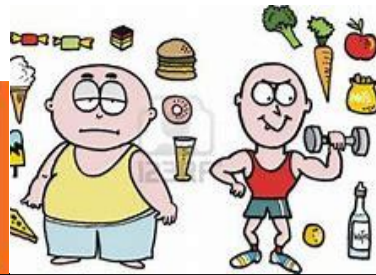
⁴ Contains Gluten (Wheat), Soya Bean

⁵ Contains Milk

⁶ Contains Milk



SMART CHOICES



Tue



Sausage Roll⁷ With New Potatoes



&

Curried Vegetarian Meatballs⁸ with Rice



or

Jacket Potato or Pasta⁹ Of The Day



Cauliflower, Broccoli & Baby Carrots



Salad Tray



Bread¹⁰



Rice Pudding¹¹



Yoghurt¹²



Fresh Fruit

ALLERGEN INFORMATION

⁷ Contains Gluten (Wheat), Egg, Sulphites)

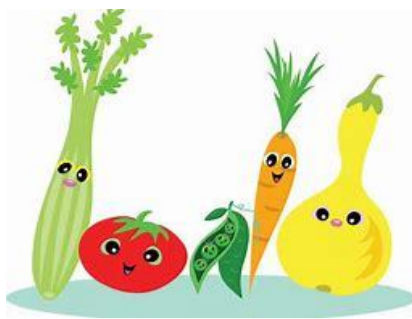
⁸ Contains Gluten (Wheat), Gluten (Barley), Milk

⁹ Contains Gluten (Wheat)

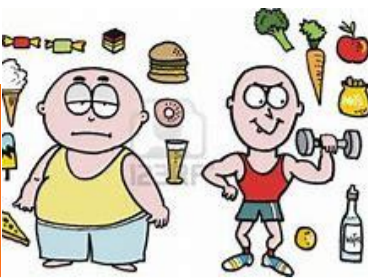
¹⁰ Contains Gluten (Wheat), Soya Bean

¹¹ Contains Milk

¹² Contains Milk



SMART CHOICES



Wed



Roast Topside Of Beef with Yorkshire Pudding¹³



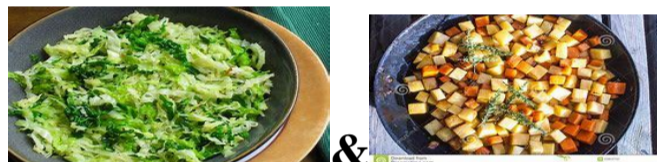
Butternut Squash, Sweet Potato and Onion Pie¹⁴



Jacket Potato or Pasta¹⁵ Of The Day



Roast Potatoes



Savoy Cabbage & Carrot & Swede



Salad Bar



Bread¹⁶



Banana Mousse¹⁷



Yoghurt¹⁸



Fresh Fruit

ALLERGEN INFORMATION

¹³ Contains Gluten (Wheat), Eggs and Milk

¹⁴ Contains Gluten (Wheat)

¹⁵ Contains Gluten (Wheat)

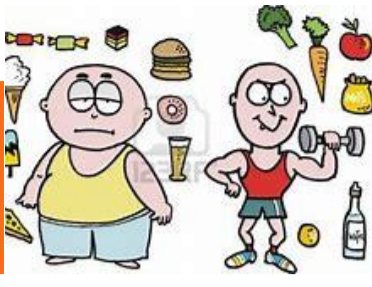
¹⁶ Contains Gluten (Wheat), Soya Bean

¹⁷ Contains Milk

¹⁸ Contains Milk



SMART CHOICES



Thu



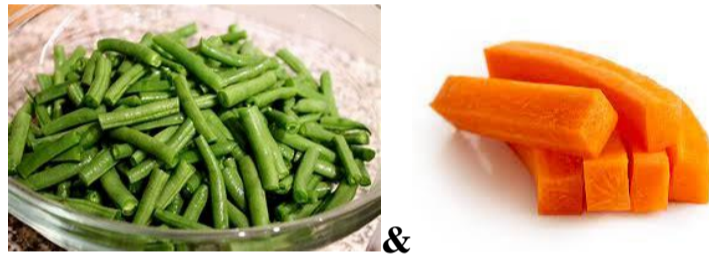
Spanish Chicken with Rice



Macaroni Cheese¹⁹ (Gluten Free Option Available on Request)



Jacket Potato



Green Beans & Baton Carrots



Salad Tray



Bread²⁰



Reduced Sugar Fruit Crumble²¹ & Cream²² (Gluten Free Option Available on request)



Yoghurt²³



Fresh Fruit

ALLERGEN INFORMATION

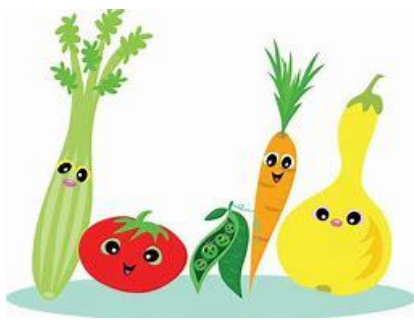
¹⁹ Contains Gluten (Wheat) and Milk

²⁰ Contains Gluten (Wheat), Soya Bean

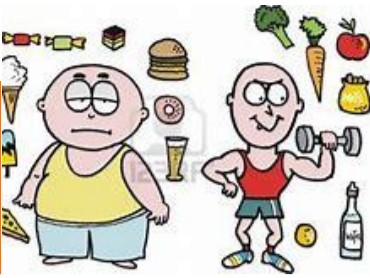
²¹ Contains Gluten (Wheat)

²² Contains Milk

²³ Contains Milk



SMART CHOICES



Fri



Fish Fingers²⁴ (Gluten/Egg Free Option Available on Request)



Mexican Lasagne²⁵ (Gluten/Dairy Free Option Available on Request)



or

Jacket Potato or Pasta²⁶ Of The Day



Chips



&

Baked Beans & Garden Peas



Salad Bar



Bread²⁷



Reduced Sugar Chocolate Chip Tray Bake²⁸ (Gluten Free Option Available on request)



Yoghurt²⁹



Fresh Fruit

ALLERGEN INFORMATION

²⁴ Contains Fish, Gluten (Wheat), Egg

²⁵ Contains Milk & Gluten (Wheat)

²⁶ Contains Gluten (Wheat)

²⁷ Contains Gluten(Wheat), Soya Bean

²⁸ Contains Eggs, Gluten (Wheat), Milk

²⁹ Contains Milk