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| **Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning break | Plain bagel: **Contains:** Gluten, wheat sulphites  Turkey slice roll: **Contains:** Gluten and Wheat  Chicken grill roll: **Contains:** Gluten, wheat  Pancake: **Contains:** Gluten and Wheat **May contain:** Egg and Milk | | | | |
| **Week 1**  **Option 1-** Traditional | Chicken curry **Contains:** Gluten and Wheat  Boiled rice  **Contains**: none of the 14 allergens | Chicken meatballs in tomato sauce  **Contains:** None of the 14 food allergens  Pasta  **Contains:**  Gluten, Wheat  **May contain:** Mustard and Soya | Sausage  **Contains** gluten  Mash potato  **Contains:** Milk | Cajun Chicken pasta  **Contains:** Gluten, Milk and Wheat  **May contain:** Mustard and Soya | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  Beef Burger  **Contains**: Sulphites  Quorn burger  **Contains:** None of the 14 food allergies  Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame  Chips  **May Contain:** Wheat, Gluten, Fish |

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| **Week 2**  **Option 1-** Traditional | Roast meat  **Contains:** None of the 14 Allergens  Yorkshire pudding  **contains**: Egg, Gluten, Milk and Wheat  Roast potatoes  **Contains**: none of the 14 allergens | Chicken or  Veg Fajitas  **Contains:** Gluten and Wheat | | Stew Steak and Sausage  **Contains:** Celery and Sulphites  Puff pastry top  **Contains:** Gluten and Wheat  Mash potato  **Contains:** Milk | Cajun Chicken pasta  **Contains:** Gluten, Milk and Wheat  **May contain:** Mustard and Soya | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  Beef Burger  **Contains**: Sulphites  Quorn burger  **Contains:** None of the 14 food allergies  Roll  **Contains:** Gluten and Wheat  May contain: Sesame  Chips  **May Contain:** Wheat, Gluten, Fish |
| **Week 3**  **Option 1-** Traditional | Vegan sausage roll(v)  **Contains:** Barley, Gluten, Soya and Wheat  **May contain:** Milk  Potato wedges  **Contains:** None of the 14 food allergens | Chicken Lasagne **Contains:** | | Chilli beef  **Contains** Celery  Nachos  **Contains:** None of the 14 Food Allergens | Cajun Chicken pasta  **Contains:** Gluten, Milk and Wheat  **May contain:** Mustard and Soya | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  Beef Burger  **Contains**: Sulphites  Quorn burger  **Contains:** None of the 14 food allergens  Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame  Chips  **May Contain:** Wheat, Gluten, Fish |
| **Week 1, 2 and 3**  **Option 2 –** Pasta | Salmon bites  **Contains:** Gluten, fish, Wheat  Wrap  Sweet Chilli Quorn Wrap  **Contains:** Egg, Gluten and Wheat | Cheesy macaroni(v) **Contains:** Gluten, Milk and Wheat  **May contain:** Mustard and Soya | | Penne Arrabiata(v)  **Contains:** Gluten and Wheat  **May contain:** Mustard and Soya | Quorn Burrito(v)  **Contains:** Egg, Milk  Wrap  **Contains:** Gluten and Wheat |  |
| **Week 1, 2 and 3**  **Option 3-** Burger | Chicken burger  **Contains:** Gluten, wheat  Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | | Quorn Burger(v)  **Contains:** None of the 14 food allergens  Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | | |  |
| **Week 1, 2 and 3**  **Option 4 -** Pizza | Triple cheese pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg | | | | |  |
| **Week 1, 2 and 3**  Option 5- | Bread **Contains**: Gluten, Soya and Wheat **May contain**: Barley  Panini **Contains:** Gluten and wheat **May Contain**: sesame  Wrap **Contains:** Gluten and Wheat  Baguette **Contains:** Gluten and wheat **may contain** Barley sesame  Cheese **Contains:** Milk  Sliced Turkey **Contains:** None of the 14 allergens  Tuna mayo **Contains:** Fish and Egg  Chicken mayo **Contains:** Egg  Tandoori Chicken **Contains:** Soybeans, Celery and celeriac  Chicken tikka **Contains:** Soybeans, Celery and celeriac  Cheese Pizzini **Contains:** Gluten, Milk and Wheat  Spicy chicken Pizzini **Contains :** Gluten, Milk and Wheat | | | | | |
| **Desserts** | Plain and chocolate sponge cake  **Contains:** Egg, Gluten, milk and Wheat **May contain:** Soya  Yoghurt  **Contains**: Milk | | | | | |