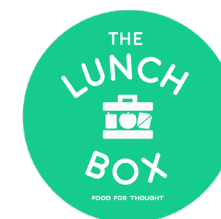


Week 1 & 4 (April 12th - 16th) (May 3rd - 7th)



Comes with

MON	<ul style="list-style-type: none"> Lamb Casserole topped with crispy potatoes (C) (M) 	Or	<ul style="list-style-type: none"> Chicken Caesar wrap with roast baby potatoes (W) (E) 	Or	<ul style="list-style-type: none"> Vegetarian Lasagne (C) (W) (M) 	<ul style="list-style-type: none"> A piece of fruit (W) (M) (E)
TUES	<ul style="list-style-type: none"> Chicken and Broccoli Bake (W) (M) 	Or	<ul style="list-style-type: none"> BBQ Pulled Pork Bap with shredded carrot and Crispy fried Onions (W) (E) 	Or	<ul style="list-style-type: none"> Tomato and mozzarella stone crust foccacia slice (W) (M) 	<ul style="list-style-type: none"> Piece of fruit (W) (M) (E)
WED	<ul style="list-style-type: none"> Chicken Goujons with Sweet Potato Fries (M) (W) (C) 	Or	<ul style="list-style-type: none"> Cottage Pie (C) 	Or	<ul style="list-style-type: none"> Toasted Goats cheese, roast pepper, red onion and rocket foccacia roll (W) (E) 	<ul style="list-style-type: none"> A piece of fruit (W) (M) (E)
THUR	<ul style="list-style-type: none"> Chicken & Leek Pastry Pie (W) (W) 	Or	<ul style="list-style-type: none"> Asian Vegetable Noodle Hot Pot (W) (C) (M) 	Or	<ul style="list-style-type: none"> Bacon & Cream Cheese Wholemeal Bagel & Roast Baby Potatoes (W) (E) (M) 	<ul style="list-style-type: none"> A piece of fruit (W) (M) (E)
FRI	<ul style="list-style-type: none"> Beef Stroganoff with Basmati Rice & Crispy Onions (M) (S)(W) 	Or	<ul style="list-style-type: none"> Sticky Crispy Pork with Basmati Rice, Chopped Spring Onions & Shredded Carrot (W) (M) 	Or	<ul style="list-style-type: none"> Tomato and Mozerrella Quaesadilla with roast garlic and rosemary new Potatoes (W) (M) 	<ul style="list-style-type: none"> A piece of fruit (W) (M) (E)

(W)= Wheat

(M) = Milk

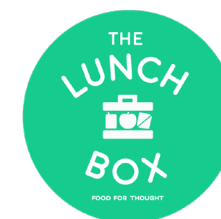
(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery

Week 2 & 5 (April 19th - 23rd) (May 10th - 14th)



Comes with

MON	Beef Bourguignon with mashed potato (C)	Or Jumbo Toasted Chicken Tikka Baguette (W) (E)	Or Vegetarian Indian dahl with lentils and rice with naan bread (C)	A piece of fruit (W) (M) (E)
TUES	Chicken Teriyaki with basmati rice (W) (S) (SS)	Or Cottage Pie (C)	Or Spinach and ricotta turnover with House slaw (W) (M) (E)	Piece of fruit (W) (M) (E)
WED	Spaghetti and Meatballs (W) (C)	Or Tomato and Mozerrella Quaesadilla with Corn on the cob (W) (E) (M)	Or Jumbo Toasted Cajun Chicken Baguette (W)	A piece of fruit (W) (M) (E)
THUR	Tomato and mozzarlla stone crust foccacia slice (W) (M) (E)	Or Homemade Beef Lasagne (W) (C) (M)	Or Grilled Chicken fillet salad with House vegetable pasta salad (W) (E)	A piece of fruit (W) (M) (E)
FRI	Chinese chicken and vegetable curry (M) (S)(W)	Or Toasted Beef Brisket Wrap with roast garlic and rosemary new Potatoes (W) (M)	Or Spinach and cheese Quiche with House slaw (M) (W) (E)	A piece of fruit (W) (M) (E)

(W)= Wheat

(M) = Milk

(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery

Week 3 & 6 (April 26th - 30th) (May 17th-24th)



Comes with

MON	Homemade Spaghetti Bolognese (W) (C)	Or	Indian Chicken Curry with naan bread (W)	Or	Hot Vegetarian Burrito with roast garlic and rosemary new Potatoes (W)	A piece of fruit (W) (M) (E)
TUES	Pork and leek bangers with mash potato, peas and Gravy (W)	Or	Tex Mex Chilli Beef with basmati rice and tortilla chips (C)	Or	Vitality Salad Bowl Pesto Pasta salad Broccoli, cherry tomato and feta Quinoa, roast carrot and rocket (W) (E) (M)	A Piece of fruit (W) (M) (E)
WED	Homemade Ham and cheese Quiche with house slaw (W) (E) (M)	Or	Chicken Caesar salad with roast garlic and rosemary new Potatoes (M) (W)	Or	Spiced Lentil and sweet potato pastry roll with House slaw (W) (C) (E)	A piece of fruit (W) (M) (E)
THUR	Gourmet pork and vegetable pastry sausage roll with house potato salad (M)	Or	Indian Vegetable Curry with basmati rice with naan bread (C) (W)	Or	Hot Chicken Pesto Baguette with mozzarella Our house pesto is bursting with flavour and made with kale to inject nutrition (W) (M) (E) (C)	A piece of fruit (W) (M) (E)
FRI	Vegetarian Chilli with basmati rice and tortilla chips (M) (C)	Or	Beef Lasagne (W)(C) (M)	Or	Toasted ham and cheese wrap (W)(M) with roast garlic and rosemary new Potatoes (W) (M) (E)	A piece of fruit (W) (M) (E)

(W)= Wheat

(M) = Milk incl all milk products

(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery