

# MENU

Week 1 Begins:  
19th August, 9th & 30th  
September

## Monday

### Tea Menu

Tuna Mayonnaise  
Sandwiches  
(Gluten/Egg/Fish/  
Milk/Mustard/Soya)

Or

✓ Cheese Sandwiches  
(Gluten/Milk/Soya)

## Tuesday

### Tea Menu

✓ Baked Beans  
on Toast  
(Gluten)

## Wednesday

### Tea Menu

✓ Lentil Soup with  
Crusty Bread  
(Celery/Gluten)

## Allergies

If you have an allergy,  
please speak to a member  
of the catering staff

## Options and quality

Vegan, Gluten Free &  
Dairy Free options are  
available daily!

We use locally grown  
produce where possible!

## Thursday

### Tea Menu

✓ Spaghetti  
Hoops on Toast  
(Gluten)

## Friday

### Tea Menu

✓ Pizza Fingers  
(Gluten/Milk/  
Soya)

We use locally grown  
produce where possible!

Did you know you can  
have two portions of  
vegetables and one  
portion of fruit daily?

## Daily



Glass of  
water



Salad  
selection



Fresh Fruit



# MENU

Week 2 Begins:  
26<sup>th</sup> August, 16<sup>th</sup> Sep,  
7<sup>th</sup> October

## Monday Tea Menu

Sliced Chicken  
Sandwiches  
(Gluten/Milk/  
Soya)

Or

**V** Cheese Sandwiches  
(Gluten/Milk/  
Soya)

## Tuesday Tea Menu

**V** Lentil Soup  
with Crusty Bread  
(Celery/Gluten)

## Wednesday Tea Menu

**V** Baked Beans  
on Toast  
(Gluten)

## Thursday Tea Menu

**V** Egg Mayonnaise Roll  
(Gluten/Egg/  
Milk/Mustard/  
Sesame)

## Friday Tea Menu

**V** Pasta Salad  
(Gluten/Egg/  
Milk/Mustard/  
Soya)

## Allergies

If you have an allergy,  
please speak to a member  
of the catering staff

## Options and quality

Vegan, Gluten Free &  
Dairy Free options are  
available daily!

We use locally grown  
produce where possible!

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Did you know you can  
have two portions of  
vegetables and one  
portion of fruit daily?

## Daily



Glass of  
water



Salad  
selection



Fresh Fruit



# MENU

Week 3 Begins:  
2<sup>nd</sup> & 23<sup>rd</sup> September

## Monday

### Tea Menu

- ✓ Cheese on Toast  
(Gluten/Milk)

## Tuesday

### Tea Menu

– Meat free day –

Tuna Mayonnaise Wrap  
(Gluten/Eggs/Fish/  
Milk/Mustard)

Or

- ✓ Carrot and  
Hummus Pitta  
(Gluten/Milk/  
Soya)

## Wednesday

### Tea Menu

- ✓ Creamy Leek, Pea  
and Courgette Soup  
with Crusty Bread  
(Celery/Milk/  
Gluten)

## Allergies

If you have an allergy,  
please speak to a member  
of the catering staff

## Options and quality

Vegan, Gluten Free &  
Dairy Free options are  
available daily!

We use locally grown  
produce where possible!

## Thursday

### Tea Menu

- ✓ Tomato Pasta  
(Gluten)

## Friday

### Tea Menu

Chicken and  
Sweetcorn Roll  
(Gluten/Egg/Milk/  
Mustard/Sesame)

Or

- ✓ Cheese Roll  
(Gluten/Milk/  
Sesame)

## Daily



Glass of  
water



Salad  
selection



Fresh Fruit



Did you know you can  
have two portions of  
vegetables and one  
portion of fruit daily?

✓ Locally Grown  
Organic Peas

