



MONDAY

Ham & cheese english muffin (G,SO,MK,se)

Cheese & tomato english muffin (G,SO,MK,se) **V**

TUESDAY

Chicken salad wrap (G,E)

Houmous, grated carrot & lettuce wrap (G,SU) **Ve**

WEDNESDAY

Bacon, bean & cheese turnover (G,MK)

Baked bean & cheese turnover (G,MK) **V**

THURSDAY

Chicken & vegetable samosa (G)

Vegetable samosa (G) **Ve**

FRIDAY

Tuna & cucumber bagels (G,E,F,se)

Cream cheese & cucumber bagels (G,MK,se) **V**

AVAILABLE DAILY

Fresh cut fruit or whole fruit **Ve**

Fruit yoghurt pots (SO,MK) **V**

Carrot & Cucumber Sticks **Ve**

Allergen Key:

CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

V - Suitable for vegetarians

Ve - Suitable for vegans & vegetarians



Week 2

CITREA

MONDAY

Fish finger & lettuce wrap (G,F)

Falafel & lettuce wrap (G) **Ve**

TUESDAY

Bacon, cheese & tomato stuffed pitta (G,MK)

Roasted vegetable & feta stuffed pitta (G,MK) **V**

WEDNESDAY

Tuna mayo & cucumber wrap (G,E,F)

Houmous, grated beetroot & cucumber wrap (G,SU) **Ve**

THURSDAY

Ham & cheese pin wheels (G,MK)

Cheese & tomato pin wheels (G,MK) **V**

FRIDAY

Bacon & cheese stuffed jackets (MK)

Cheese & spring onion stuffed jackets (MK) **V**

AVAILABLE DAILY

Fresh cut fruit or whole fruit **Ve**

Fruit yoghurt pots (SO,MK) **V**

Carrot & Cucumber Sticks **Ve**

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MONDAY

Ham & pineapple pitta pizza (G,MK)

Feta & tomato pitta pizza (G,MK) **V**

TUESDAY

Bacon, bean & cheese turnover (G,MK)

Baked bean & cheese turnover (G,MK) **V**

WEDNESDAY

Chicken mayo & lettuce wrap (G,E)

Sweet chilli cheddar & spinach wrap (G,MK) **V**

THURSDAY

Ham & cheese wholemeal sandwich (G,SO,MK)

Cream cheese & cucumber wholemeal sandwich (G,SO,MK) **V**

FRIDAY

Grilled chicken & salad stuffed pitta (G)

Grilled vegetable & chickpea salad stuffed pitta (G) **Ve**

AVAILABLE DAILY

Fresh cut fruit or whole fruit **Ve**

Fruit yoghurt pots (SO,MK) **V**

Carrot & Cucumber Sticks **Ve**

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