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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal Grab & Go Main	Pasta Carbonara, Tomato & Garlic Focaccia Bread GLUTEN/EGG/MILK	Japanese Crispy Katsu Chicken Curry with Rice and Vegetables GLUTEN/MUSTARD	Traditional Roast Chicken Dinner, Mash potato, veg & Gravy GLUTEN	Smokey BBQ Chicken Burrito & Ranch Salad MILK/GLUTEN	Battered Fish GLUTEN/FISH Plain Sausage GLUTEN/SULPHITES Served with Chips, Beans, Peas, Curry Sauce & Gravy
Meal Deal Grab & Go Vegetarian	Macaroni Cheese with Garlic Bread and Salad. GLUTEN/MILK/MUSTARD MAY CONTAIN SOYA	Chinese Vegetable Spring Roll, Egg Fried Rice & Curry Sauce GLUTEN/EGG/MUSTARD/SOYA	Vegetable Sausage, Mashed potato & Gravy MILK/SOYA	Mexican Chilli Bean Burrito MILK/GLUTEN	Veggie Sausage SOYA Served with Chips, Beans, Peas, Curry Sauce & Gravy
Neo Pizza Slice	Ham & Cheese SOYA/GLUTEN Margarita GLUTEN/MILK	Pepperoni MILK/GLUTEN Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK Margarita GLUTEN/MILK	Smokey Bacon GLUTEN/MILK Margarita GLUTEN/MILK	Meat Feast GLUTEN/MILK/SULPHITES Margarita GLUTEN/MILK
Daily Panini All Contain GLUTEN/MILK	Cheese & Pepperoni GLUTEN/MILK Just Cheese GLUTEN/MILK	BBQ Sausage & Cheese GLUTEN/MILK/SULPHITES Just Cheese GLUTEN/MILK	Bacon & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Meatball & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Ham & Cheese FISH/EGG/MILK/GLUTEN Just Cheese GLUTEN/MILK

<div>AVAILABLE DAILY</div> <div>Jacket Potatoes with a selection of hot & cold fillings</div> <div>Sandwiches/Baguettes with a variety of fillings</div> <div>A selection of fresh fruit, homemade desserts, cakes, bakes & cookies</div>					
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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal Grab & Go Main	Naples Chicken and Spinach Lasagne with Garlic Bread GLUTEN/MILK/MUSTARD MAY CONTAIN EGG/SOYA	American Jumbo Hot Dog, Toppings & Side Salad GLUTEN/SOYA/SULPHITES	Roast Chicken Dinner, Stuffing, Skin on Roast Potatoes, Vegetables & Gravy GLUTEN	South Asia Chicken Tikka Marsala served with Cardamon Rice & Vegetables MAY CONTAIN GLUTEN	Battered Fish GLUTEN/FISH Plain Sausage GLUTEN/SULPHITES Served with Chips, Beans, Peas, Curry Sauce & Gravy
Meal Deal Grab & Go Vegetarian	Vegan Pasta Bolognaise with Garlic Bread GLUTEN/SOYA MAY CONTAIN MILK EGG	Veggie Bean Burger, Salsa & Salad GLUTEN/SULPHATES/EGG/MILK/SOYA	Cheese and Potato Pie With Gravy & Vegetables GLUTEN/EGG/MILK/MUSTARD	Goan Sweet Potato and Chickpea Curry with Cardamon Rice & Vegetables MILK MAY CONTAIN GLUTEN	Veggie Sausage SOYA Served with Chips, Beans, Peas, Curry Sauce & Gravy
Neo Pizza Slice	Ham & Cheese SOYA/GLUTEN Margarita GLUTEN/MILK	Pepperoni MILK/GLUTEN Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK Margarita GLUTEN/MILK	Smokey Bacon GLUTEN/MILK Margarita GLUTEN/MILK	Meat Feast GLUTEN/MILK/SULPHITES Margarita GLUTEN/MILK
Daily Panini All Contain GLUTEN/MILK	Cheese & Pepperoni GLUTEN/MILK Just Cheese GLUTEN/MILK	BBQ Sausage & Cheese GLUTEN/MILK/SULPHITES Just Cheese GLUTEN/MILK	Bacon & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Meatball & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Ham & Cheese FISH/EGG/MILK/GLUTEN Just Cheese GLUTEN/MILK

AVAILABLE DAILY

Jacket Potatoes with a selection of hot & cold fillings

Sandwiches/Baguettes with a variety of fillings

A selection of fresh fruit, homemade desserts, cakes, bakes & cookies

					
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal Grab & Go Main	Korean BBQ Chicken Burger with Authentic Asian Slaw GLUTEN/SOYA/SULPHITES MAY CONTAIN SESAME	Mexican Chilli & Rice with Tortilla Chips, Cheese and Salad MILK MAY CONTAIN GLUTEN/SOYA	Sausage & Mash with Gravy GLUTEN/MILK/SULPHITES	Chicken Tikka Flatbread Kebab, with Minted Yoghurt and Salad GLUTEN/MILK/EGG	Battered Fish GLUTEN/FISH Plain Sausage GLUTEN/SULPHITES Served with Chips, Beans, Peas, Curry Sauce & Gravy
Meal Deal Grab & Go Vegetarian	Sweet Chilli Crispy Quorn Bites & Fried Rice GLUTEN/SOYA	Tex Mex Chilli Tacos with Cheese SOYA/MILK MAY CONTAIN GLUTEN	Cottage Pie with Roasted Root Vegetables and Gravy MAY CONTAIN GLUTEN	Authentic Vegetable Samosa with Chaat Curry Sauce, Rice and Toppings GLUTEN/EGG/MILK/SOYA	Veggie Sausage SOYA Served with Chips, Beans, Peas, Curry Sauce & Gravy
Neo Pizza Slice	Ham & Cheese SOYA/GLUTEN Margarita GLUTEN/MILK	Pepperoni MILK/GLUTEN Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK Margarita GLUTEN/MILK	Smokey Bacon GLUTEN/MILK Margarita GLUTEN/MILK	Meat Feast GLUTEN/MILK/SULPHITES Margarita GLUTEN/MILK
Daily Panini All Contain GLUTEN/MILK	Cheese & Pepperoni GLUTEN/MILK Just Cheese GLUTEN/MILK	BBQ Sausage & Cheese GLUTEN/MILK/SULPHITES Just Cheese GLUTEN/MILK	Bacon & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Meatball & Cheese MILK/GLUTEN Just Cheese GLUTEN/MILK	Ham & Cheese FISH/EGG/MILK/GLUTEN Just Cheese GLUTEN/MILK

AVAILABLE DAILY
Jacket Potatoes with a selection of hot & cold fillings
Sandwiches/Baguettes with a variety of fillings
A selection of fresh fruit, homemade desserts, cakes, bakes & cookies