

# THE POSITIVES

## WEEK ONE

AVAILABLE DAILY – SELF SERVICE BAR  
Salad bar, fruit bar, homemade breads & water.



### Monday

**MAIN MEAL**  
Pepperoni Pizza  
*GLUTEN/MILK*

**VEGGIE MEAL**  
Margherita Pizza  
*GLUTEN/MILK*

**SIDES**  
Baked Jacket Wedges  
Sweetcorn & Carrots  
Homemade Bread *GLUTEN*

**DESSERT**  
Banana Flapjack  
*GLUTEN*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

**MAIN MEAL**  
Bangers & Mash  
*GLUTEN/MILK/SULPHITES*

**VEGGIE MEAL**  
Veggie Bangers & Mash  
*MILK/SOYA*

**SIDES**  
Mashed Potato - *MILK*  
Peas & Carrots  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**  
Vanilla Sponge & Custard  
*GLUTEN/MILK/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Wednesday

**MAIN MEAL**  
Roast Chicken Dinner with Yorkshire Pudding  
*GLUTEN/MILK/EGG*

**VEGGIE MEAL**  
Veggie Roast Dinner  
*GLUTEN/MILK/EGG*

**SIDES**  
Roast Potatoes  
Roasted Root Vegetables  
Gravy  
Homemade Bread *GLUTEN*

**DESSERT**  
Chocolate Crunch  
*GLUTEN/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese *MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

**MAIN MEAL**  
Pasta Bolognese  
*GLUTEN*

**VEGGIE MEAL**  
Tomato Penne Pasta  
*GLUTEN*

**SIDES**  
Garlic Bread - *GLUTEN*  
Pasta - *GLUTEN*  
Green Beans & Broccoli  
Homemade Bread *GLUTEN*

**DESSERT**  
Iced Cupcakes  
*GLUTEN/MILK/EGGS*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Friday

**MAIN MEAL**  
Fish & Chips  
*GLUTEN/FISH*

**VEGGIE MEAL**  
Cheese & Tomato Panini  
*GLUTEN/MILK*

**SIDES**  
Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

**DESSERT**  
Chocolate Brownie  
*GLUTEN/EGG*

**JACKET POTATO FILLINGS**  
Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**  
Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*



Remember to drink plenty of Water with your lunch.

**Allergen Coding:**

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK



### Monday

**MAIN MEAL**

Italian Beef Lasagne  
*GLUTEN/MILK*  
MAY CONTAIN EGGS

**VEGGIE MEAL**

Veggie Lasagne  
*GLUTEN/MILK/CELERY*  
MAY CONTAIN EGG

**SIDES**

Garlic Bread *GLUTEN*  
Pasta *GLUTEN*  
Peas & Sweetcorn  
Homemade Bread *GLUTEN*

**DESSERT**

Oaty apple crumble & custard *MILK/GLUTEN*

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Tuesday

**MAIN MEAL**

Homemade Sausage Rolls  
*GLUTEN/EGG/MILK/SULPHITES*

**VEGGIE MEAL**

Cheese & Tomato Pizza  
*GLUTEN/MILK*

**SIDES**

Chips  
Baked Beans or Peas  
Homemade Bread  
*GLUTEN*

**DESSERT**

Fruit jelly

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Wednesday

**MAIN MEAL**

Roast Chicken Dinner with Yorkshire Pudding  
*GLUTEN/EGG/MILK*

**VEGGIE MEAL**

Veggie Roast Dinner  
*GLUTEN/EGG/MILK*

**SIDES**

Roast Potatoes & Gravy  
Carrots & Cauliflower  
Homemade Bread  
*GLUTEN*

**DESSERT**

Chocolate Sponge with Custard  
*GLUTEN/EGG/MILK*

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Thursday

**MAIN MEAL**

Chicken Korma

**VEGGIE MEAL**

Vegetable Curry

**SIDES**

Plain Rice  
Naan Bread  
*GLUTEN*  
Green Beans  
Homemade Bread  
*GLUTEN*

**DESSERT**

Lemon drizzle cake  
*GLUTEN/EGG*

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*

### Friday

**MAIN MEAL**

Fish Fingers  
*FISH/GLUTEN*

**VEGGIE MEAL**

Cheese Sausage Roll  
*GLUTEN/MILK/EGG*

**SIDES**

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

**DESSERT**

Ginger Biscuit  
*GLUTEN*

**JACKET POTATO FILLINGS**

Baked Beans  
Cheese  
*MILK*  
Tuna Mayo  
*EGG/FISH*

**SANDWICH OR PANINI**

Ham  
*GLUTEN/SOYA*  
Cheese  
*GLUTEN/MILK/SOYA*  
Tuna Mayo  
*EGG/FISH/GLUTEN/SOYA*



Remember to eat plenty of Salad and Fruit with your lunch.

# THE POSITIVES

## WEEK THREE

AVAILABLE DAILY – SELF SERVICE BAR  
Salad bar, fruit bar, homemade breads & water.



### Monday

#### MAIN MEAL

**Chicken Goujons**

GLUTEN  
MAY CONTAIN  
SOYA/MILK/MILK/MUSTARD

#### VEGGIE MEAL

**Cheese Pasty**

GLUTEN/EGGS/MILK

#### SIDES

Chips  
Bakes Beans & Carrots  
Homemade Bread *GLUTEN*

#### DESSERT

Fruity Flapjack  
*GLUTEN*

#### JACKET POTATO FILLINGS

**Baked Beans**

**Cheese**  
MILK

**Tuna Mayo**

EGG/FISH

#### SANDWICH OR PANINI

**Cheese**

GLUTEN/MILK/SOYA

**Tuna Mayo**

EGG/FISH/GLUTEN/SOYA

**Ham**

GLUTEN/SOYA

### Tuesday

#### MAIN MEAL

**Plain Beefburger Bun**

GLUTEN/SOYA

*May contain MILK if served with cheese.*

#### VEGGIE MEAL

**Veggie Burger Bun**

GLUTEN/SOYA/MILK

*May contain MILK if served with cheese.*

#### SIDES

Potato Wedges  
Sweetcorn & Peas  
Homemade Bread *GLUTEN*

#### DESSERT

Toffee apple sponge & custard  
GLUTEN/EGGS/MILK

#### JACKET POTATO FILLINGS

**Baked Beans**

**Cheese**  
MILK

**Tuna Mayo**

EGG/FISH

#### SANDWICH OR PANINI

**Cheese**

GLUTEN/MILK/SOYA

**Tuna Mayo**

EGG/FISH/GLUTEN/SOYA

**Ham**

GLUTEN/SOYA

### Wednesday

#### MAIN MEAL

**Roast Chicken Dinner with Yorkshire Pudding**

GLUTEN/EGG/MILK

#### VEGGIE MEAL

**Veggie Roast Dinner**

GLUTEN/MILK/EGG

#### SIDES

Roast Potatoes  
Roasted Carrots & Cauliflower  
Homemade Bread *GLUTEN*

#### DESSERT

Chocolate Cookie  
GLUTEN/EGG  
*MAY CONTAIN MILK*

#### JACKET POTATO FILLINGS

**Baked Beans**

**Cheese**  
MILK

**Tuna Mayo**

EGG/FISH

#### SANDWICH OR PANINI

**Cheese**

GLUTEN/MILK/SOYA

**Tuna Mayo**

EGG/FISH/GLUTEN/SOYA

**Ham**

GLUTEN/SOYA

### Thursday

#### MAIN MEAL

**Italiano Chicken Pasta**

GLUTEN

#### VEGGIE MEAL

**Mac "n" Cheese**

GLUTEN/MILK/MUSTARD

#### SIDES

Pasta *GLUTEN*  
Green Beans & Sweetcorn  
Homemade Bread *GLUTEN*

#### DESSERT

Banana muffin  
GLUTEN/EGG  
*MAY CONTAIN MILK*

#### JACKET POTATO FILLINGS

**Baked Beans**

**Cheese**  
MILK

**Tuna Mayo**

EGG/FISH

#### SANDWICH OR PANINI

**Cheese**

GLUTEN/MILK/SOYA

**Tuna Mayo**

EGG/FISH/GLUTEN/SOYA

**Ham**

GLUTEN/SOYA

### Friday

#### MAIN MEAL

**Fish & Chips**

GLUTEN/FISH

#### VEGGIE MEAL

**Mozzarella Panini**

GLUTEN/MILK

#### SIDES

Chips  
Baked Beans or Peas  
Homemade Bread *GLUTEN*

#### DESSERT

Lemon Shortbread  
GLUTEN

#### JACKET POTATO FILLINGS

**Baked Beans**

**Cheese**  
MILK

**Tuna Mayo**

EGG/FISH

#### SANDWICH OR PANINI

**Cheese**

GLUTEN/MILK/SOYA

**Tuna Mayo**

EGG/FISH/GLUTEN/SOYA

**Ham**

GLUTEN/SOYA



Remember to take plenty of exercise each week to help you concentrate more in lessons and sleep well at night.

#### Allergen Coding:

ALLERGENS ARE IDENTIFIED UNDERNEATH EACH DISH – NOTE ALL PANINI CHOICES CONTAIN MILK