

# THE POSITIVES

## WEEK THREE

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



### Monday

**MAIN MEAL**

**Chicken Goujons**

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/SULPHITES

**VEGGIE MEAL**

**Veggie Burger Bun**

GLUTEN/SOYA/MILK/EGG

**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/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



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