

1 Week Menu Cycle – Fish

| WEEK 1 £2.40 | | |
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| Monday | <u>Salmon Fish Fingers</u> | <u>Contains: WHEAT, FISH, CEREALS CONTAINING GLUTEN</u> |
| Tuesday | <u>Baked Sausage</u> | <u>Contains: WHEAT, SULPHUR DIOXIDE & SULPHATES, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Wednesday | <u>Tempura Fish Goujons</u> | <u>Contains: WHEAT, FISH, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Thursday | <u>Chicken Wrap</u> | <u>Contains: (BBQ - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Mediterranean - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Cajun - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (TANDORI - WHEAT, MUSTARD, MILK, CEREALS CONTAINING GLUTEN)</u> |
| Friday | <u>Cheese and Tomato Pizza</u> | <u>Contain: WHEAT, MILK, CEREALS CONTAINING GLUTEN</u> |

3 Week Menu Cycle – Fish

| WEEK 2 £2.40 | | |
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| Monday | <u>Cheese & Potato Pie</u> | <u>Contains : SULPHUR DIOXIDE AND SULPHATES, MILK</u> |
| Monday | <u>Cod Fish Finger</u> | <u>Contains: WHEAT, FISH, CEREALS CONTAINING GLUTEN</u> |
| Tuesday | <u>Chicken Wrap</u> | <u>Contains: (BBQ - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Mediterranean - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Cajun - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (TANDORI - WHEAT, MUSTARD, MILK, CEREALS CONTAINING GLUTEN)</u> |
| Tuesday | <u>Bubble Coated Fish</u> | <u>Contains: FISH</u> |
| Wednesday | <u>Roast Pork Bap with Seasoning</u> | <u>Contains: WHEAT, SESAME, CEREALS CONTAINING GLUTEN</u> |

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| Wednesday | <u>White Fish Fishcake</u> | <u>Contains: WHEAT, MUSTARD, FISH, CEREALS CONTAINING GLUTEN</u> |
| Thursday | <u>Beef Grill with Salad</u> | <u>Contains: WHEAT, SULPHUR DIOXIDE & SULPHATES, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Thursday | <u>Tempura Fish Goujons</u> | <u>Contains: WHEAT, FISH, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Friday | <u>Baked Breaded Fish</u> | <u>Contains: FISH</u> |
| Friday | <u>Cheese and Tomato Pizza</u> | <u>Contain: WHEAT, MILK, CEREALS CONTAINING GLUTEN</u> |

3 Week Menu Cycle – Fish

| WEEK 3 £2.40 | | |
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| Monday | <u>Tempura Fish Goujons</u> | <u>Contains: WHEAT, FISH, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Monday | <u>Veggie Ball Sub roll</u> | <u>Contains : WHEAT, BARLEY, EGGS, CEREALS CONTAINING GLUTEN, CELERY; May Contain: SULPHUR DIOXIDE & SULPHATES, SESAME, MILK</u> |
| Tuesday | <u>Sausage Roll</u> | <u>Contains: WHEAT, SOYA, CEREALS CONTAINING GLUTEN; May Contain: NUTS</u> |
| Tuesday | <u>Sausage Roll (Vegan)</u> | <u>Contains: WHEAT, MILK, CEREALS CONTAINING GLUTEN; May Contain: SULPHUR DIOXIDE & SULPHATES, MUSTARD, EGGS</u> |
| Tuesday | <u>Breaded Whitefish</u> | <u>Contains: FISH</u> |
| Wednesday | <u>Chicken Wrap</u> | <u>Contains: (BBQ - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Mediterranean - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (Cajun - WHEAT, SOYA, CEREALS CONTAINING GLUTEN) (TANDORI - WHEAT, MUSTARD, MILK, CEREALS CONTAINING GLUTEN)</u> |
| Wednesday | <u>Salmon Bites</u> | <u>Contains: WHEAT, FISH, CEREALS CONTAINING GLUTEN</u> |
| Thursday | <u>Macaroni Cheese (V)</u> | <u>Contains: WHEAT, MUSTARD, MILK, CEREALS CONTAINING GLUTEN; May Contain: EGGS</u> |

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| Thursday | <u>Fish Goujons</u> | <u>Contains: WHEAT, FISH, SOYA, CEREALS CONTAINING GLUTEN</u> |
| Friday | <u>Baked Breaded Fish</u> | <u>Contains: FISH</u> |
| Friday | <u>Cheese and Tomato Pizza</u> | <u>Contain: WHEAT, MILK, CEREALS CONTAINING GLUTEN</u> |

3 Week Menu Cycle – Fish

| Daily Options – (Week 1,2,3) £2.40 | | |
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| All week | <u>Jacket Potato with Cheese</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |
| All week | <u>Jacket Potato with Tuna</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |
| All week | <u>Jacket Potato with Beans</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |
| All week | <u>Sandwich Meal (CHEESE)</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |
| All week | <u>Sandwich Meal (HAM)</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |
| All week | <u>Sandwich Meal (TUNA)</u> | <u>Contains: Speak to Caterer for Allergen Information</u> |