

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



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 jolly

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.

Allergen Coding:

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

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
Baked 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/MILK
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.

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