

Linwood Campus Autumn Term1 Week 4	Monday 29th September	Tuesday 30th September	Wednesday 1st October	Thursday 2nd October CENSUS DAY Italian Menu	Friday 3rd October
Main	Mexican filled parcel with rice    	Pulled Turkey Wrap   	Halal Sausage and Mash   	Spaghetti Bolognese (Beef)   	Option 1 Fish Fingers Option 2 Fishcakes    
Vegetarian	Soup and cheesy garlic bread   	Veggie Wrap   	Veggie Sausage and Mash    	Veggie Bolognese   	Vegetarian fingers 
Soft	Quorn curry with potatoes   	Pulled Turkey with potatoes  	Chicken in gravy	Bolognese (Beef) with potatoes 	Tuna Bake with vegetables   
Gluten Free Option	GF Soup and GF Garlic Bread 	GF Pulled Turkey Wrap  	GF Sausage and Mash  	GF Spaghetti Bolognese (Beef) with GF garlic bread  	GF Fish fingers 
Dairy Free Option	DF Soup and DF Garlic Bread  	DF Pulled Turkey Wrap  	DF Sausage and Mash  	DF Spaghetti Bolognese (Beef) with DF garlic bread  	DF Fish fingers  
Jacket Potatoes	Option 1 Cheese Option 2 Cheese and Beans 	Option 1 Cheese Option 2 Tuna mayo   	Option 1 Cheese Option 2 Coronation Chicken   	Option 1 Cheese Option 2 Tuna mayo   	Option 1 Cheese Option 2 Cheese and Beans 
Served With	Vegetables	Savoury rice and salad	Vegetables and gravy	Vegetables and garlic bread  	Salad, baked beans and oven baked potato wedges



Soybean



Celery



Crustaceans



Egg



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Peanut



Sesame



Sulphur Dioxide



Treenuts

NB Allergens highlighted include all possible allergens for that days options