

| Springwood Campus Spring Term 1 Week 3 | Monday 19th January | Tuesday 20th January | Wednesday 21st January | Thursday 22nd January PANTO - PACKED LUNCHES | Friday 23rd January |
|--|---|--|--|--|--|
| Main | Soup and pizza bread    | Roast Turkey | Beef Stew with dumplings    | Choice of Ham, Cheese or Tuna Mayo Sandwiches      | Option 1 Fish Fingers Option 2 Fishcakes     |
| Vegetarian | Tomato and basil pasta with garlic bread    | Veggie Roast  | Beany tortillas with savoury rice   | | Vegetarian fingers  |
| Gluten Free Option | GF Soup and pizza bread  | GF Roast Turkey | GF Beef Stew with crusty bread  | | GF Fish fingers  |
| Dairy Free Option | DF Soup and garlic bread   | DF Roast turkey | DF Beef Stew with dumplings   | | 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 Tuna Mayo    | | Option 1 Cheese Option 2 Cheese and Beans  |
| Served With | Vegetables | Vegetables | Vegetables | | Vegetables, baked beans and oven baked potato wedges |

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|  Soybean |  Celery |  Crustaceans |  Egg |  Fish |  Gluten |  Lupin |  Milk |  Molluscs |  Mustard |  Peanut |  Sesame |  Sulphur Dioxide |  Treenuts |
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NB Allergens highlighted include all possible allergens for that days options