

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



NB Allergens highlighted include all possible allergens for that days options