

Post 16 Skills Centre Autumn Term 1 Week 7	Monday 19th October 2026	Tuesday 20th October 2026	Wednesday 21st October 2026	Thursday 22nd October 2026	Friday 23rd October 2026
Main	Soup with Pizza bread    	Beef Stew    	Halal Chicken Sausage Roast    	Beef Chilli Con Carne    	Option 1 Fish Fingers Option 2 Fish Cake    
Vegetarian	Sweet and sour Quorn with Rice    	Mac and Cheese Bake    	Veggie Sausage Roast    	Veggie Chilli    	Veggie Fingers    
Gluten Free	Gluten Free Pizza    	Gluten Free Beef Stew    	Gluten Free Pork Sausage Roast    	GF Beef Chilli Con Carne    	Gluten Free Fish Fingers    
Dairy Free	Dairy Free Pizza    	Dairy Free Beef Stew    	Dairy Free Pork Sausage Roast    	DF Beef Chilli Con Carne    	Dairy Free 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 Tuna Mayo    	Option 1 Cheese Option 2 Cheese and Beans    
Served With	Vegetables    	Vegetables    	Vegetables mashed potatoes and gravy    	Vegetables and rice    	Salad, baked beans and chips    

 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