

HOT LUNCH	SEP- OCT	28-2	DIETARY OPTION	WEEK 5	HOT LUNCH	OCTOBER	5-9	DIETARY OPTION	WEEK 6
HM- 4 WEE	MONDAY		HM- 4 WEE	PRE-ORDER ONLY	HM- 4 WEE	MONDAY		HM- 4 WEE	PRE-ORDER ONLY
MEAT OPTIO N ALSO DAIRY FREE	CRISPY CHICKEN		GLUT EN FREE	CRISPY CHICKEN, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	JERK CHICKEN THIGH		GLUT EN FREE	JERK CHICKEN THIGH, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	EGG FRIED RICE STICKY THAI HONEY DRESSING		HALA L	CRISPY CHICKEN, ALL VEGETARIAN OPTIONS		COCONUT RICE & PEAS		HALA L	JERK CHICKEN THIGH ALL VEGETARIAN OPTIONS
	CRISPY FILLET		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	QUORN FILLET		VEGA N	PRE-ORDER ONLY
HYDRATE	TUESDAY		RE-CHARG	PRE-ORDER ONLY	EMERGISE	TUESDAY		RE-FRESH	PRE-ORDER ONLY
MEAT OPTIO N	SAUSAGE		GLUT EN FREE	SAUSAGE, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	BEEF BURGER BAP		GLUT EN FREE	BEEF BURGER BAP, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	ROAST POTATO, GRAVY, VEGETABLES, YORKIE PUD		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER		SHREDDED LETTUCE, COLESLAW		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
	QUORN SAUSAGE		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	VEGETARIAN BURGER		VEGA N	PRE-ORDER ONLY
RE-FRESH	WEDNESDAY		HYDRATE	PRE-ORDER ONLY	RE-CHARG	WEDNESDAY		EMERGISE	PRE-ORDER ONLY
MEAT OPTIO N	PASTA & SAUCE		GLUT EN FREE	PASTA & SAUCE, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	PORK RAGU & PASTA		GLUT EN FREE	PORK RAGU, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	CHOOSE YOUR SAUCE, GARLIC BREAD, SALAD		HALA L	PASTA & SAUCE, ALL VEGETARIAN OPTIONS		CARROT, BEETROOT & APPLE SALAD		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
	PASTA & SAUCE		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	VEGETARIAN RAGU		VEGA N	PRE-ORDER ONLY
EMERGISE	THURSDAY		RE-FRESH	PRE-ORDER ONLY	HYDRATE	THURSDAY		RE-CHARG	PRE-ORDER ONLY
MEAT OPTIO N	BEEF CHILLI-CON-CARNE		GLUT EN FREE	CHILLI-CON-CARNE, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	FLAVOURED CHICKEN		GLUT EN FREE	FLAVOURED CHICKEN, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	RICE, NACHOS CHEESE SAUCE		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER		WRAP SALAD, DRESSING		HALA L	FLAVOURED CHICKEN ALL VEGETARIAN OPTIONS
	VEGETARIAN CHILLI		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	VEGETARIAN FRITTATA		VEGA N	PRE-ORDER ONLY
RE-CHARG	FRIDAY		EMERGISE	PRE-ORDER ONLY	RE-FRESH	FRIDAY		HYDRATE	PRE-ORDER ONLY
MEAT OPTIO N	SCHOOL CLOSED		GLUT EN FREE	SCHOOL CLOSED	MEAT OPTIO N	BBQ PULLED PORK or PEPPERONI PIZZA		GLUT EN FREE	BBQ PORK, PIZZA OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE			HALA L			CHIPS, BAKED BEANS, PEAS		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
FISH DISH			VEGA N		VEGETA RIAN CHOICE	CHEESE & TOMATO PIZZA		VEGA N	PRE-ORDER ONLY
			FISH DISH		FISH DISH	BATTERED FISH			

HOT LUNCH	OCTOBER	12-16	DIETARY OPTION	WEEK 7	HOT LUNCH	OCTOBER	19-23	DIETARY OPTION	WEEK 8
HM- 4 WEE	MONDAY		HM- 4 WEE	PRE-ORDER ONLY	HM- 4 WEE	MONDAY		HM- 4 WEE	PRE-ORDER ONLY
MEAT OPTIO N ALSO DAIRY FREE	PORK HOT DOG		GLUT EN FREE	HOT DOG, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	SOUTHERN FRIED CHICKEN		GLUT EN FREE	COATED CHICKEN, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	SAUCE, SEASONED POTATO WEDGES		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER		POTATO CUBES, GRAVY, SWEETCORN		HALA L	COATED CHICKEN ALL VEGETARIAN OPTIONS
	QUORN SAUSAGE		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	BREADED ESCALOPE		VEGA N	PRE-ORDER ONLY
HYDRATE	TUESDAY		RE-CHARG	PRE-ORDER ONLY	EMERGISE	TUESDAY		RE-FRESH	PRE-ORDER ONLY
MEAT OPTIO N	CHICKEN & VEGETABLE		GLUT EN FREE	CHICKEN WRAP, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	BEEF BOLOGNAISE		GLUT EN FREE	BEEF BOLOGNAISE, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	FAJITA WRAP SALAD, DRESSING, SOUR CREAM		HALA L	CHICKEN WRAP, ALL VEGETARIAN OPTIONS		PASTA, GARLIC BREAD		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
	VEGETARIAN FRITTATA		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	QUORN BOLOGNESE		VEGA N	PRE-ORDER ONLY
RE-FRESH	WEDNESDAY		HYDRATE	PRE-ORDER ONLY	RE-CHARG	WEDNESDAY		EMERGISE	PRE-ORDER ONLY
MEAT OPTIO N	SWEDISH MEATBALLS		GLUT EN FREE	MEATBALLS, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	TERIAKI - HOI-SIN CHICKEN		GLUT EN FREE	TERIAKI CHICKEN, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	CREAMY GRAVY SAUCE, MASHED POTATO, PEAS		HALA L	CHICKEN BALLS, ALL VEGETARIAN OPTIONS		RICE, GREEN BEANS, BROCCOLI		HALA L	TERIAKI CHICKEN, ALL VEGETARIAN OPTIONS
	VEGETARIAN BALLS		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	ROASTED VEGETABLES		VEGA N	PRE-ORDER ONLY
EMERGISE	THURSDAY		RE-FRESH	PRE-ORDER ONLY	HYDRATE	THURSDAY		RE-CHARG	PRE-ORDER ONLY
MEAT OPTIO N	CHICKEN KORMA		GLUT EN FREE	CHICKEN KORMA, OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	ROAST SAUSAGE		GLUT EN FREE	SAUSAGE, OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	RICE, NAAN BREAD		HALA L	CHICKEN KORMA, ALL VEGETARIAN OPTIONS		MASHED POTATO. GRAVY, VEGETABLES		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
	VEGETARIAN KORMA		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	VEGETARIAN SAUSAGE		VEGA N	PRE-ORDER ONLY
RE-CHARG	FRIDAY		EMERGISE	PRE-ORDER ONLY	RE-FRESH	FRIDAY		HYDRATE	PRE-ORDER ONLY
MEAT OPTIO N	BBQ PULLED PORK or PEPPERONI PIZZA		GLUT EN FREE	BBQ PORK, PIZZA OTHER OPTIONS - SEE COUNTER	MEAT OPTIO N	BBQ PULLED PORK or PEPPERONI PIZZA		GLUT EN FREE	BBQ PORK, PIZZA OTHER OPTIONS - SEE COUNTER
VEGETA RIAN CHOICE	CHIPS, BAKED BEANS, PEAS		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER		CHIPS, BAKED BEANS, PEAS		HALA L	ALL VEGETARIAN OPTIONS SEE COUNTER
	CHEESE & TOMATO PIZZA		VEGA N	PRE-ORDER ONLY	VEGETA RIAN CHOICE	CHEESE & TOMATO PIZZA		VEGA N	PRE-ORDER ONLY
FISH DISH	BATTERED FISH				FISH DISH	BATTERED FISH			