HOT LUNCH	9-13	NOVEMBER
MM- 4 WEEK	MONDAY	
MEAT OPTION	CRISPY CHICKEN BITES, SAUCE RICE, PEAS, SWEETCORN	
VEGETARIAN CHOICE	CRISPY BITES	
ENERGISE	TUESDAY	
MEAT OPTION	SAUSAGE, MASHED POTATO BAKED BEANS, PEAS, GRAVY	
VEGETARIAN CHOICE	VEGETARIAN SAUSAGE	
RE-FRESH	WEDNESDAY	
MEAT OPTION	MAPLE SWEET CHILLI CHICKEN ROAST POTATO, GREEN BEANS, CARROTS	
VEGETARIAN CHOICE	SWEET CHILLI QUORN FILLET	
HYDRATE	THURSDAY	
MEAT OPTION	BEEF BOLOGNAISE GARLIC CIABATTA, SALAD & DRESSING	
VEGETARIAN CHOICE	VEGETARIAN FRITTATA, CIABATTA, SALAD	
RE-CHARGE	FRIDAY	
MEAT OPTION	BBQ PULLED PORK or PEPPERONI PIZZA CHIPS, BAKED BEANS, PEAS	
VEGETARIAN CHOICE	CHEESE & TOMATO PIZZA	
FISH DISH	BATTERED FISH / FISH FINGERS	

NV3	DIETARY OPTION	WEEK 10
MM- 4 WEEK	PRE-ORDER ONLY	DAILY
GLUTEN FREE	CRISPY CHICKEN GOUJONS	PLUS, JACKET POTATO PRE-ORDER: PASTA
HALAL	CRISPY CHICKEN BITES	ALL VEGETARIAN OPTIONS
VEGAN, DAIRY FREE	PRE-ORDER ONLY	PLUS: JACKET POTATO & PASTA
RE-CHARGE	PRE-ORDER ONLY	DAILY
GLUTEN FREE	ROASTED VEGETABLE FRITTATA	PLUS, JACKET POTATO PRE-ORDER: PASTA
HALAL	VEGETARIAN SAUSAGE	ALL VEGETARIAN OPTIONS
VEGAN, DAIRY FREE	PRE-ORDER ONLY	PLUS: JACKET POTATO & PASTA
ENERGISE	PRE-ORDER ONLY	DAILY
GLUTEN FREE	MAPLE SWEET CHILLI CHICKEN	PLUS, JACKET POTATO PRE-ORDER: PASTA
HALAL	MAPLE SWEET CHILLI CHICKEN	ALL VEGETARIAN OPTIONS
VEGAN, DAIRY FREE	PRE-ORDER ONLY	PLUS: JACKET POTATO & PASTA
RE-FRESH	PRE-ORDER ONLY	DAILY
GLUTEN FREE	BOLOGNAISE, VEGETARIAN FRITTATA	PLUS, JACKET POTATO PRE-ORDER: PASTA
HALAL	FRITTATA	ALL VEGETARIAN OPTIONS
VEGAN, DAIRY FREE	PRE-ORDER ONLY	PLUS: JACKET POTATO & PASTA
HYDRATE	PRE-ORDER ONLY	DAILY
GLUTEN FREE	BBQ PULLED PORK or CHEESE & TOMATO PIZZA	PLUS, JACKET POTATO PRE-ORDER: PASTA
HALAL	CHEESE & TOMATO PIZZA	ALL VEGETARIAN OPTIONS
VEGAN, DAIRY FREE	PRE-ORDER ONLY	PLUS: JACKET POTATO & PASTA
FISH DISH	SEE COUNTER	