

SUMMER HOT DINNER MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	HOTDOG (G,SU,SE)	CHEESE & TOMATO PIZZA (G,MI)	ROAST GAMMON	SAVOURY MINCE	FISH FINGERS (3) (F,G)
OR	HOT BBQ CHICKEN, CHEESE PANINI (MI,G)	JACKET POTATO WITH BEANS	CHEESE SANDWICH (G,MI)	JACKET POTATO WITH TUNA MAYO (F,E)	WRAP: SALMON (G,F,E)
VEGETARIAN	QUORNDOG (SE,MI)	CHEESE & TOMATO PIZZA (G,MI)	QUORN FILLET (G)	SAVOURY QUORN MINCE (E)	VEGETABLE NUGGETS (G)
OR	HOT CHEESE PANINI (MI,G)	JACKET POTATO WITH BEANS	CHEESE SANDWICH (G,MI)	JACKET POTATO & BAKED BEANS	WRAP: CHEESE SALAD (G,MI)
SIDES	WEDGES & PEAS	CARROT & CUCUMBER STICKS	ROAST POTATOES, SEASONAL VEG & GRAVY (G)	RICE & SEASONAL VEG	CHIPS & BAKED BEANS
Dessert	YOGHURT (MI)	JAM & COCONUT CAKE (G,E,MI,SO,SU)	FRUIT	MOUSSE (MI)	COOKIE (G,E)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	CHICKEN NUGGETS (4) (G,C)	BEEF LASAGNE (G,MI,SO)	ROAST PORK	CHICKEN & HAM IN TOMATO SAUCE	BATTERED FISH (G,MI,F)
OR	SANDWICH: HAM (G,MI)	JACKET POTATO & BEANS	WRAP: CHICKEN MAYO SALAD (G,E)	JACKET POTATO & CHEESE (MI)	HOT HAM & CHEESE PANINI (G,MI)
VEGETARIAN	VEGAN NUGGETS (4) (SO,MU)	VEGETABLE LASAGNE (G,MI,SO)	QUORN FILLET (G)	QUORN PIECES IN TOMATO SAUCE (E)	VEGETABLE NUGGETS (4) (G)
OR	SANDWICH: CHEESE (MI,G)	JACKET POTATO & BEANS	WRAP: CHEESE SALAD (G,MI)	JACKET POTATO & CHEESE (MI)	HOT CHEESE PANINI (G,MI)
SIDES	WEDGES & BAKED BEANS	GARLIC BREAD & SALAD (G,MI)	ROAST POTATOS SEASONAL VEG & GRAVY (G)	RICE & SEASONAL VEG	CHIPS & BAKED BEANS
Dessert	YOGHURT (MI)	FLAPJACK	FRUIT	MOUSSE (MI)	COOKIE (G,E)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	BEEF BURGER (NO BUN) (SO)	BEEF BOLOGNAISE	ROAST CHICKEN	TURKEY MEATBALLS	FISH CAKE (G,F,MI,MU)
OR	SANDWICH: HAM (G,MI)	JACKET POTATO & CHEESE (MI)	WRAP: TUNA MAYO (F,MI,G)	JACKET POTATO & BAKED BEANS	HOT BBQ CHICKEN,CHEESE WRAP (G,MI)
VEGETARIAN	VEGETABLE BURGER (NO BUN) (G,SO,SE)	VEGETABLE BOLOGNAISE	QUORN FILLET (G)	QUORN BALLS (G,E)	VEGETABLE NUGGETS (G)
OR	SANDWICH: CHEESE (G,MI)	JACKET POTATO & CHEESE (MI)	WRAP: CHEESE SALAD	JACKET POTATO & BAKED BEANS	HOT CHEESE WRAP (G,MI)
SIDES	POTATO WAFFLES/SMILEYS, SEASONAL VEG	PASTA, CRUSTY BREAD & SALAD (G)	ROAST POTATOES, SEASONAL VEG & GRAVY (G)	RICE & SEASONAL VEG	CHIPS & BAKED BEANS
DESSERT	YOGHURT (MI)	CHOCOLATE CAKE (G,E,MI,SO)	FRUIT	JELLY	COOKIE (G,E)

COLD SANDWICHES & WRAPS COME WITH EITHER CARROT OR CUCUMBER STICKS, TORTILLA CHIPS AND PUDDING OF THE DAY

ALLERGEN INFORMATION:

CONTAINING: (G) GLUTEN, (E) EGG, (MI) MILK, (C) CELERY, (F) FISH, (MU) MUSTARD, (SU) SULPHITES, (SO) SOYA, (N) TREE NUTS, (L) LUPIN, (SE) SESAME SEEDS

If you have any questions regarding our allergens and menus please contact us at bistro@wadhamschool.co.uk

Due to purchasing issues it may be necessary, on occasions, to offer a suitable alternative to those shown on the menu

A gluten free or dairy free alternative is available for those who require it.