


THE WEST BRIDGFORD SCHOOL MENU - WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday	Other
lamb Madras/ rice/naan/ onion bhaji (Wheat, Mustard) - £2.20 Vegetable Madras/rice/naan(, Wheat, , mustard) - £2.20 Daily Paninis - £2.20 TUGO STREET FOOD— FROM £2.00 Pasta bar - £2.00 Vegan rolls (Wheat) - £1.80 Jacket potatoes - £2.00-£2.30 Salad bar—from £2.00	Black bean beef noodle stir fry (Wheat,barley,Soya) -£2.20 Veggy black bean noodles with a poached egg (Wheat, Milk, BARLEY Soya, egg) -£2.20 Daily Paninis - £2.20 TUGO STREET FOOD— FROM £2.00 Pasta bar - £2.00 Vegan rolls (Wheat, Sulphites) - £1.80 jacket potatoes - £2.00-£2.30 Salad bar—from £2.00	Roast Chicken served with roast potatoes, carrots/broccoli/ gravy (milk, egg wheat) - £2.20 Quorn Sausage served with roast potato, carrots/broccoli/ gravy-(WHEAT.GLUTEN) £2.20 Daily Paninis - £2.20 TUGO STREET FOOD— FROM £2.00 Pasta bar - £2.00 Vegan rolls (Wheat, Sulphites) - £1.80 jacket potatoes - £2.00.£2.30 Salad bar—from £2.00	Beef Bolognese/Pasta/ Feta with garlic bread (Wheat,soya,milk)£2.20 Vegetable Schinitzel, served with new potato/green beans (Wheat, soya milk) -£2.20 Daily Paninis - £2.20 TUGO STREET FOOD— FROM £2.00 Pasta bar - £2.00 Vegan rolls (Wheat, Sulphites) - £1.80 Jacket potatoes - £2.00-£2.30 Salad bar—from £2.00	Fish and Chips (Fish, Wheat) - £2.20 Quorn dipper and chips (Wheat, Gluten) - £2.20 Beef Burger - (Soya, Wheat) £2.80 Daily Paninis - £2.20 TUGO STREET FOOD— FROM £2.00 Pasta bar - from£2.00 Vegan rolls (Wheat, Sulphites) - £1.80 Jacket potatoes - £2.00-2.30	Freshly made sandwiches and salads are available <i>(These include gluten free options)</i>  Salads - from £2.00 Sandwiches - £1.90-2.00 Wraps - £2.20 Baguettes - £2.20

Puddings

A selection of the puddings below will be available daily and will all be individually wrapped

Mini muffins £.50

Muffins - £1.20

Waffles—£1.20

Cookies—£1.20



C = CEL-ERY	E = EGG	F = FISH	G = GLUTEN	M = MILK	MTD = MUSTARD	N = NUTS	P = PEANUTS	S = SOYA	SES = SEASAME SEEDS	SULPH = SUPHUR DIOXIDE	W = WHEAT	*CONTAINS NO ALLERGENS
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