

THE WEST BRIDGFORD SCHOOL MENU - WEEK 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Other |
|--|---|--|--|--|---|
| | | | | | |
| lamb Madras/ rice/naan/ onion bhaji (Wheat, Mustard) | Black bean beef noodle strir fry (Wheat,barley,Soya) | Roast Chicken served with roast potatoes, carrots/broccoli/ | Beef Bolognese/Pasta/ Feta with garlic bread | Fish and Chips (<i>Fish, Wheat</i>) - £2.20 | Freshly made sandwiches and salads are available |
| - £2.20 | -£2.20 | gravy | (Wheat,soya,milk)£2.20 | Quorn dipper and chips | |
| Vegetable Madras/rice/naan(, Wheat, , mustard) | Vegy black bean noodles with | (milk, egg wheat) | | (Wheat, Gluten) £2.20 | (These include gluten free options) |
| - £2.20 | a poached egg (Wheat, Milk, BARLEY Soya, | - £2.20 Quorn Sausage served with | Vegetable Schinitzel, served | Beef Burger - <mark>(Soya, Wheat)</mark> | |
| Daily Paninis - £2.20 | egg) -£2.20 | roast potato, carrots/broccoli/ | with new potato/green beans (Wheat, soya milk) - £2.20 | £2.80 | |
| TUGO STREET FOOD— FROM £2.00 | Daily Paninis - £2.20 | gravy-(WHEAT.GLUTEN) £2.20 | | Daily Paninis - £2.20 | |
| 12.00 | TUGO STREET FOOD— FROM | Daily Paninis - £2.20 | Daily Paninis - £2.20 | TUGO STREET FOOD— FROM | Star all |
| Pasta bar - £2.00 | £2.00 | TUGO STREET FOOD— FROM | TUGO STREET FOOD— FROM | £2.00 | All cake |
| | Desta hara 62.00 | £2.00 | £2.00 | Deste han from 62.00 | |
| | Pasta bar - £2.00 | | | Pasta bar - from£2.00 | |
| Vegan rolls (Wheat) - £1.80 | | Pasta bar - £2.00 | Pasta bar - £2.00 | | Salads - from £2.00 |
| | Vegan rolls (Wheat, Sulphites) | Vegan rolls (Wheat, Sulphites) - | | Vegan rolls (Wheat, Sulphites) - | Sandwiches - £1.90-2.00 |
| | - £1.80 | f1.80 | Vegan rolls (Wheat, Sulphites) - | £1.80 | |
| Jacket potatoes - £2.00-£2.30 | | | £1.80 | Jacket potatoes - £2.00-2.30 | Wraps - £2.20 |
| Salad bar—from £2.00 | jacket potatoes - £2.00-£2.30 | isskat potatoos 62.00.62.20 | | • | Deguettes (2.22 |
| | | jacket potatoes - £2.00.£2.30 | Jacket potatoes - £2.00-£2.30 | | Baguettes - £2.20 |
| | Salad bar—from £2.00 | Salad bar—from £2.00 | Salad bar—from £2.00 | | |

| | | | | PuddingsA selection of the puddings below will be available daily and will all be individually wrappedMini muffins £.50Muffins - £1.20Waffles—£1.20Cookies—£1.20 | | | | | | illy wrapped | | |
|-------------|------------|-------------|---------------|--|------------------|-------------|----------------|-------------|------------------------|---------------------------|--------------|---------------------------|
| C = CEL- | 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 |
| EKT | 1 | 1 | | I | | | | | 1 | 1 | | |