Week 1			
Monday	**Main Course**	**£1.50**	JUMBO SAUSAGE ROLL (GL)
	Vegetarian Main	**£1.50**	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	TOASTIES **+ BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	PANINI **+ BEANS**	**£1.60** **£1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50P**	CHOCOLATE BROWNIE (GL,E,D,S) MAY CONTAIN NUTS
JACKET POTATOES WITH BEANS CHEESE OR TUNA AVAILABLE DAILY 85P, 1X FILLING £1.30 2X FILLINGS £1.60			
Tuesday	**Main Course**	**£2**	CHEESE AND TOMATO PIZZA (V,D,GL,SS,SD)
	Served with		LIGHTLY SPICED WEDGES (V,GF) AND BOTTLE OF WATER
	TOASTIES **+BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	PANINI **+ BAKED BEANS**	**£1.60** **£1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50P**	LEMON DRIZZLE SLICE (GL,E,S,SD)
A SELECTION OF SANDWICHES AND COLD BAGUETTES AVAILABLE DAILY £1.15 -£1.50			
Wednesday	**Main Course**	**£2**	CHICKEN TIKKA MASALA (H,GF,N,CE,D)
	Vegetarian Main	**£2**	SWEET CHILLI CRISPY VEGETABLES (V,GF)
	Served With		RICE (GF) NAAN BREAD (GL,D) AND BOTTLED WATER
	PANINI **+ BAKED BEANS**	**£1.60** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	Dessert	**50P**	DOUBLE CHOCOLATE CHIP COOKIE (GL,D,S,N)
A SELECTION OF COLD PASTA POTS AND SALAD POTS AVAILABLE DAILY £1.50			
Thursday	**Main Course**	**£2**	MEAT FEAST PASTA BAKE (GL,D)
	Vegetarian Main	**£2**	MACARONI CHEESE (V,D,GL)
	SERVED WITH		GARLIC BREAD (GL,D) SALAD AND BOTTLED WATER
	TOASTIES **+BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	PANINI **+ BAKED BEANS**	**£1.60** **£1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50p**	ORANGE JELLY (V, GF)
FRESH FRUIT SALAD 65P YOGHURTS 50P			
Friday	**Main Course**	**£2**	ZINGY CHICKEN BURGER (H,E,GL,SS) MAY CONTAIN BONES
	Vegetarian Main	**£2**	VEGETABLE BURGER IN A FLOUR BAP (V,GL,SS)
	Served With		HASH BROWNS (V,GF) BEANS (V,GF) COLESLAW (E,MU) AND BOTTLED WATER
	Dessert	**50P**	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

Week 2

Monday	**PANINI**	**£1.60**	BBQ CHICKEN AND CHEESE (H,GL,D)
	Vegetarian Main	**£1.60**	VEGGIE BURGER (V,GL,SS)
	TOASTIES **+ BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	PANINI **+ BAKED BEANS**	**£1.60** **£1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50P**	CHOCOLATE BROWNIE (GL,E,D,S) MAY CONTAIN NUTS
JACKET POTATOES WITH BEANS CHEESE OR TUNA AVAILABLE DAILY 85P ,1X FILLING £1.30 2X FILLINGS £1.60			
Tuesday	**Main Course**	**£2**	CHILLI BEEF ENCHILLADA (GL,D)
	Vegetarian Main	**£2**	CHILLI VEGETABLE ENCHILLADA (V,GL,D)
	Served with		POTATO WEDGES (GF,V) BBQ BEANS AND BOTTLE OF WATER
	TOASTIES **+ BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), BACON (GL,S,SD), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	PANINI **+ BAKED BEANS**	**£1.60** **1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50P**	DOUBLE CHOCOLATE CHIP CUPCAKE (GL,E,D)
A SELECTION OF SANDWICHES AND COLD BAGUETTES AVAILABLE DAILY £1.15-£1.50			
Wednesday	**Main Course**	**£2**	CHINESE CHICKEN CURRY (GL,MU,CE)
	Vegetarian Main	**£2**	SWEET AND SOUR VEGETABLES (V,GF)
	Served With		RICE (GF) PRAWN CRACKERS (CR,E,GL,F,N,S) AND A BOTTLE OF WATER
	PANINI **+ BAKED BEANS**	**£1.60** **1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	Dessert	**50P**	WHITE CHOCOLATE CHIP COOKIE (GL,D,S,N)
A SELECTION OF COLD PASTA POTS AND SALAD POTS AVAILABLE DAILY £1.50			
Thursday	**Main Course**	**£2**	SAUSAGE (S,GL,SD)
	Vegetarian Main	**£2**	QUORN SAUSAGE (V,GF,E,CE,D)
	SERVED WITH		MASHED POTATO (V,D,GF) GRAVY (V,GF) BEANS (V,GF) AND A BOTTLE OF WATER
	PANINI **+ BAKED BEANS**	**£1.60** **1.80**	HAM & CHEESE (GL,D,S) OR CHEESE (GL,D)
	TOASTIES **+ BEANS**	**£1.50** **£1.80**	CHEESE (GL,D,S), HAM (GL,S), HAM & CHEESE (GL,D,S) SERVED WITH BEANS (V,GF)
	Dessert	**50P**	ICED SPRINKLE VANILLA SHORTBREAD (GL,D)
FRESH FRUIT SALAD 65P YOGHURTS 50P			
Friday	**Main Course**	**£2**	ZINGY CHICKEN BURGER (H,E,GL,SS) MAY CONTAIN BONES
	Vegetarian Main	**£2**	VEGAN SAUSAGE ROLL (GL,S)
	Served With		HASH BROWNS (V,GF) BEANS (V,GF) COLESLAW (E,MU) AND A BOTTLE OF WATER
	Dessert	**50P**	MILK CHOCOLATE CHIP COOKIE (GL,D,S,N)

MATRIX ACADEMY TRUST

ALLERGENS KEY

P – PEANUTS
N - NUTS *(TREE NUTS)*
D – DAIRY PRODUCTS
S – SOYA
MU – MUSTARD
L – LUPIN
E – EGGS
F - FISH
GL - GLUTEN
CR - CRUSTACEANS *(PRAWNS)*
MO - MOLLUSCS *(SCALLOPS, MUSSELS)*
SS - SESAME SEED
CE – CELERY
SD - SULPHUR DIOXIDE

CE - CELERY

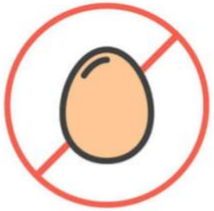
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.

GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.

CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south – east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.

D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.

N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.

P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.

S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.

SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.

V – VEGETARIAN

H - HALAL

GF – GLUTEN FREE