



# TUCK MENU

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Roll (Gluten, Milk, Soya, Sulphites)	Ham & Cheese Panini (Gluten, Milk)	Sausage Roll (Gluten, Milk, Soya, Sulphites)	Ham & Cheese Panini (Gluten, Milk)	Sausage Roll (Gluten, Milk, Soya, Sulphites)
Bacon Bap (Gluten)	Sausage Bap (Gluten, Soya, Sulphites)	Bacon Bap (Gluten)	Sausage Bap (Gluten, Soya, Sulphites)	Bacon Bap (Gluten)
Bagel Pizza (Gluten, Milk)	Waffle (Gluten, Egg, Milk, Soya)	Margarita Pizza Slice (Gluten, Milk)	Waffle (Gluten, Egg, Milk, Soya)	Bagel Pizza (Gluten, Milk)
Croissants (Gluten, Egg, Milk)	Cheese Panini (Gluten)	Croissants (Gluten, Egg, Milk)	Cheese Panini (Gluten)	Croissants (Gluten, Egg, Milk)
Homemade Flapjack (Gluten)	Homemade Flapjack (Gluten)	Homemade Flapjack (Gluten)	Homemade Flapjack (Gluten)	Homemade Flapjack (Gluten)

WE CAN OFFER DIETARY ALTERNATIVES, PLEASE ASK FOR DETAILS  
 FRESH BREAD. FRESH FRUIT. YOGHURT AND SALAD AVAILABLE EVERYDAY