

Week One

Monday

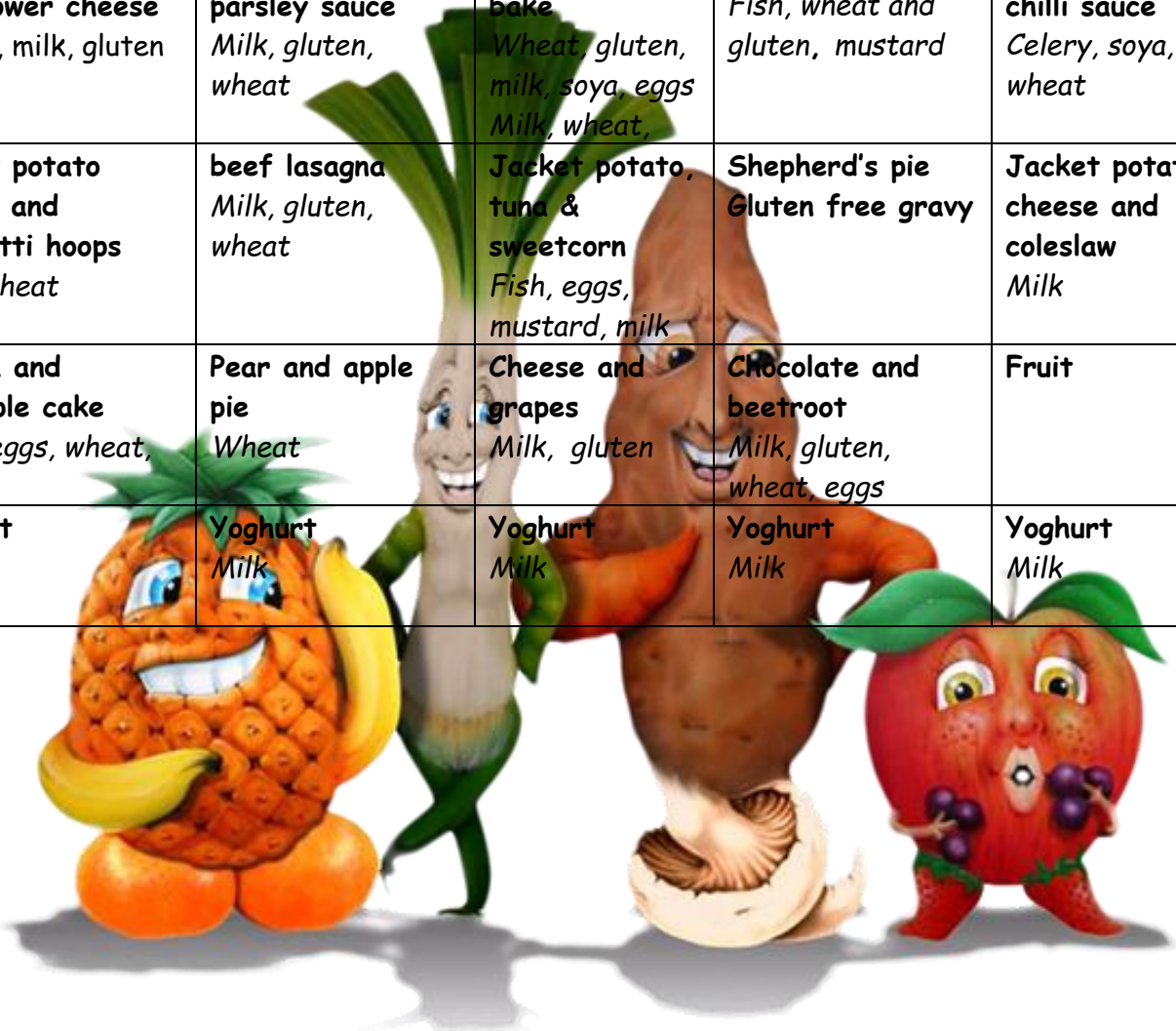
Tuesday

Wednesday

Thursday

Friday

Fish fingers <i>Fish, wheat and gluten</i>	Bean hot pot	Roast Lamb Gluten free gravy	Roast pepper, Quorn wrap in tomato sauce <i>Wheat, gluten, milk, soya, eggs</i> <i>Milk, wheat,</i>	Pizza <i>Wheat, gluten, milk</i>
Macaroni and cauliflower cheese <i>Wheat, milk, gluten</i>	Gammon steak, parsley sauce <i>Milk, gluten, wheat</i>	Roast veg bake <i>Wheat, gluten, milk, soya, eggs</i> <i>Milk, wheat,</i>	Salmon fish cake <i>Fish, wheat and gluten, mustard</i>	Spring roll and chilli sauce <i>Celery, soya, wheat</i>
Jacket potato cheese and spaghetti hoops <i>Milk, wheat</i>	beef lasagna <i>Milk, gluten, wheat</i>	Jacket potato, tuna & sweetcorn <i>Fish, eggs, mustard, milk</i>	Shepherd's pie Gluten free gravy	Jacket potato cheese and coleslaw <i>Milk</i>
Banana and pineapple cake <i>Milk, eggs, wheat, gluten</i>	Pear and apple pie <i>Wheat</i>	Cheese and grapes <i>Milk, gluten</i>	Chocolate and beetroot <i>Milk, gluten, wheat, eggs</i>	Fruit
Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>



Week Two

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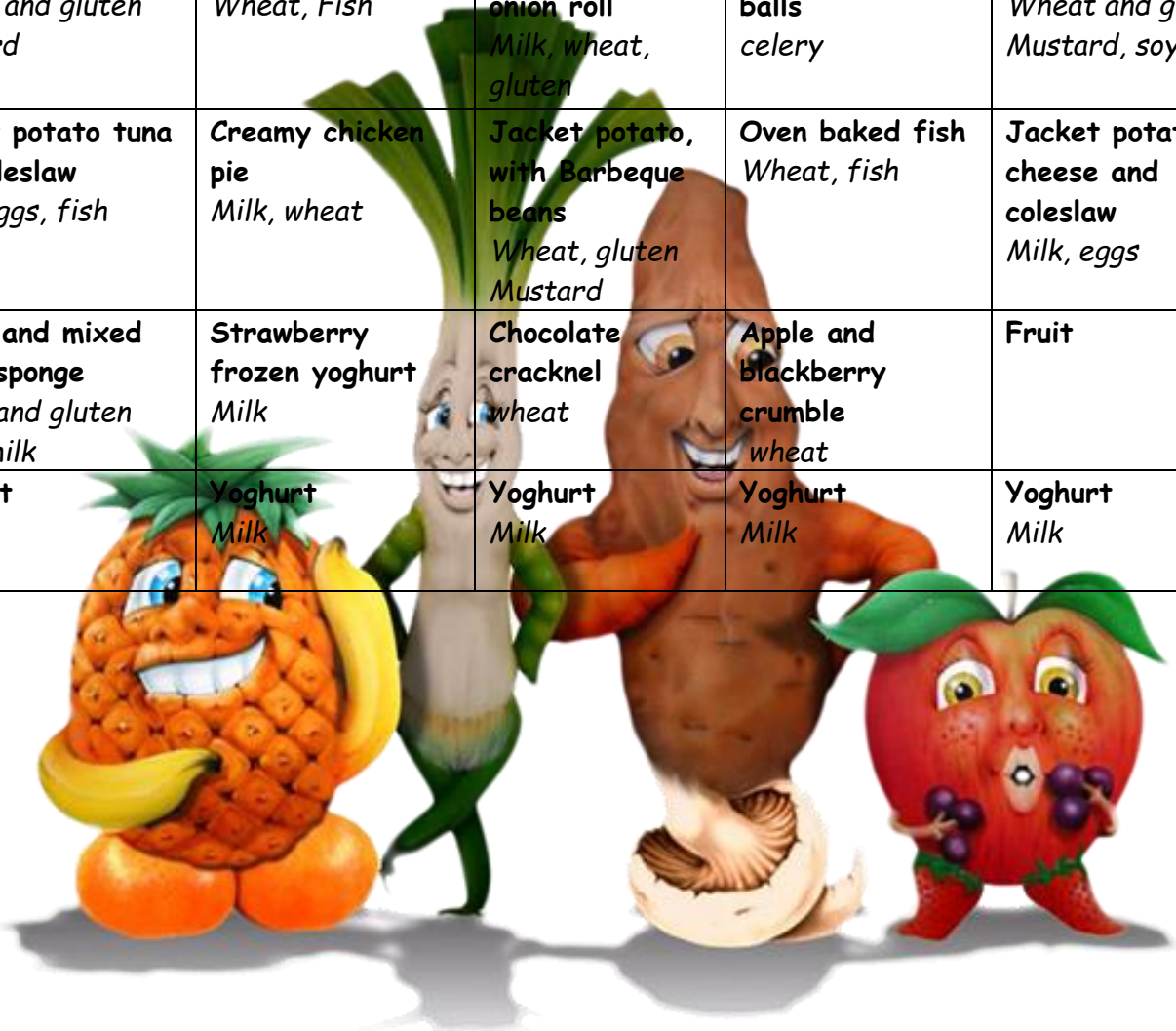
Tuesday

Wednesday

Thursday

Friday

Veg mince cottage pie with creamy mash <i>Soya, egg, mustard, milk</i>	Bolognaise with whole wheat pasta <i>Wheat, gluten, mustard , egg</i>	Roast turkey and stuffing <i>Wheat</i> Gluten free gravy	Creamy Korma <i>Milk, wheat, barley, egg, soya, celery , mustard</i>	Pizza <i>Wheat, gluten, milk</i>
Chicken breast <i>Wheat and gluten</i> <i>Mustard</i>	Cod bites <i>Wheat, Fish</i>	Cheese and onion roll <i>Milk, wheat, gluten</i>	Organic meat balls <i>celery</i>	Tofu kebab <i>Wheat and gluten</i> <i>Mustard, soya</i>
Jacket potato tuna and coleslaw <i>Milk, eggs, fish</i>	Creamy chicken pie <i>Milk, wheat</i>	Jacket potato, with Barbeque beans <i>Wheat, gluten</i> <i>Mustard</i>	Oven baked fish <i>Wheat, fish</i>	Jacket potato cheese and coleslaw <i>Milk, eggs</i>
Lemon and mixed berry sponge <i>wheat and gluten</i> <i>eggs, milk</i>	Strawberry frozen yoghurt <i>Milk</i>	Chocolate cracknel <i>wheat</i>	Apple and blackberry crumble <i>wheat</i>	Fruit
Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>



Week Three

Monday

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Wednesday

Thursday

Friday

Southern style chicken <i>wheat and gluten</i>	Chicken curry <i>Wheat, gluten</i> <i>Milk,</i>	Free range Turkey & stuffing <i>Barley, milk, wheat</i> Gluten free gravy	Burger 50 50 bun <i>Wheat, gluten, egg, milk, barley</i>	Pizza <i>Wheat, gluten, milk</i>
Veg lasagna <i>Egg, milk, wheat</i>	Turkey burger <i>Milk, wheat, soya</i>	Quorn and sweetcorn pie <i>Milk, wheat, egg soya</i>	Fish cake <i>Wheat, egg, fish</i>	Quorn Tandoori fillet <i>Eggs, gluten, wheat, milk and barley</i>
Jacket potato with tuna and coleslaw <i>Milk, eggs</i>	Sausage and mash <i>Wheat, milk, barley</i>	Jacket potato with chili and cheese <i>milk</i>	Pasta bar <i>Wheat, milk</i>	Jacket potato cheese and beans <i>Milk</i>
Apple sponge <i>Eggs, wheat and gluten, milk</i>	Fruits of the forest muffin <i>Eggs, milk</i>	Bananas and custard <i>Milk</i>	Chocolate, vanilla short bread <i>Milk, gluten, wheat, eggs</i>	Fruit
Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>	Yoghurt <i>Milk</i>

Snack Menu

Yoghurt and granola <i>Milk, wheat, gluten, sulphates, barley and nuts</i>	Cheese and crackers. <i>Milk, wheat, gluten</i>	Fruit	Fruit jelly	Fruit bag <i>Wheat, gluten</i> <i>Sulphates</i>
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