

Week One

Monday

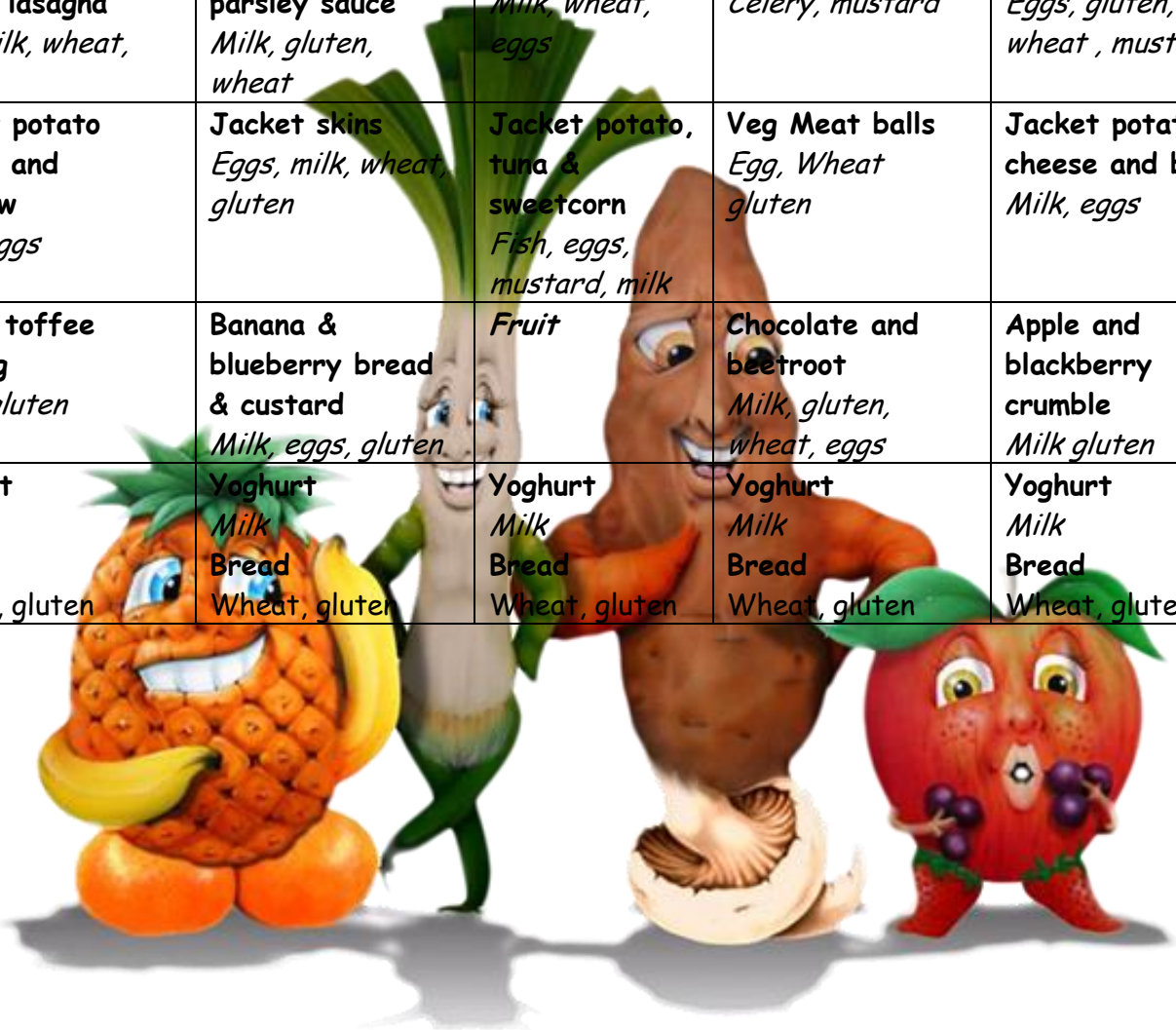
Tuesday

Wednesday

Thursday

Friday

Fish fingers <i>Fish, wheat and gluten</i>	Chicken korma <i>Wheat, Eggs, Milk,</i>	Roast Lamb and stuffing <i>Barley, milk, wheat</i> Gluten free gravy	Meat balls & Spaghetti <i>Wheat, gluten, milk</i>	Pizza <i>Wheat, gluten, milk</i>
Leek and butternut squash lasagna <i>Egg, milk, wheat, gluten.</i>	Gammon steak, parsley sauce <i>Milk, gluten, wheat</i>	Quorn roast <i>Milk, wheat, eggs</i>	Barbecue Chicken <i>Celery, mustard</i>	Veg biriyani <i>Eggs, gluten, wheat , mustard</i>
Jacket potato cheese and coleslaw <i>Milk, eggs</i>	Jacket skins <i>Eggs, milk, wheat, gluten</i>	Jacket potato, tuna & sweetcorn <i>Fish, eggs, mustard, milk</i>	Veg Meat balls <i>Egg, Wheat gluten</i>	Jacket potato cheese and beans <i>Milk, eggs</i>
Sticky toffee pudding <i>Eggs, gluten</i>	Banana & blueberry bread & custard <i>Milk, eggs, gluten.</i>	Fruit	Chocolate and beetroot <i>Milk, gluten, wheat, eggs</i>	Apple and blackberry crumble <i>Milk gluten</i>
Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>



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Friday

Chicken breast <i>Wheat and gluten</i>	Beef burger	Roast turkey & stuffing <i>Barley, milk, wheat</i> Gluten free gravy	Cottage pie <i>milk</i>	Pizza <i>Wheat, gluten, milk</i>
Macaroni cheese with spinach <i>Milk, eggs, wheat</i>	Spaghetti bolognaise <i>wheat, gluten and eggs</i>	Stuffed peppers <i>Milk, wheat, gluten</i>	Fish cake salmon <i>Fish, gluten, wheat</i>	Spicy bean hot pot
Jacket potato cheese and coleslaw <i>Milk, eggs</i>	Quorn bolognaise <i>wheat, gluten and eggs</i>	Jacket potato, with cheese <i>milk</i>	Quorn, leek and sweet corn pie <i>milk, Wheat, gluten</i>	Jacket potato cheese and beans <i>Milk, eggs</i>
Humming bird cake <i>wheat and gluten eggs</i>	Chocolate short bread <i>wheat and gluten</i>	Fruit	Chocolate concrete <i>Milk, eggs wheat and gluten</i>	Cheese and crackers <i>Milk, Wheat, gluten</i>
Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>



Week Three

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Thursday

Friday

Southern style chicken <i>wheat and gluten</i>	Pasta bar <i>Wheat, gluten</i> <i>Milk,</i>	Free range pork & stuffing <i>Barley, milk, wheat</i> Gluten free gravy	Chicken pie <i>Wheat, gluten, milk</i>	Pizza <i>Wheat, gluten, milk</i>
Veggie sausage and mash <i>Egg, milk, wheat</i>	Chicken and sauces <i>Milk, wheat</i>	Quorn and veg cottage pie <i>Milk, wheat, eggs</i>	Beef Lasagna <i>Milk, eggs wheat</i>	Quorn burger <i>Eggs, soya, gluten, wheat, milk and barley</i>
Jacket potato with tuna and coleslaw <i>Milk, eggs</i>	Veg stir fry With noodles <i>Wheat, eggs</i>	Jacket potato with chili and cheese <i>milk</i>	Vegetable chick pea korma <i>Wheat and gluten</i>	Jacket potato cheese and beans <i>Milk, eggs</i>
Ginger syrup sponge <i>Eggs, wheat and gluten</i>	Corn flake cracknel cakes <i>barley</i>	Fruit	Orange and vanilla yoghurt cake <i>Milk, gluten, wheat, eggs</i>	Cheese and grapes <i>Milk</i>
Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bredd <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>	Yoghurt <i>Milk</i> Bread <i>Wheat, gluten</i>

Snack Menu

Yoghurt and granola <i>Milk, wheat, gluten, sulphates, barley and nuts</i>	Pitta pizza <i>Milk, wheat, gluten</i>	Fruit	Pasta pot <i>Wheat, gluten</i>	Fruit bag <i>Wheat, gluten</i> <i>Sulphates</i>
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