Week One

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

Week Two

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

Week Three

sulphates,

barley and nuts

gluten

Southern style chicken wheat, gluten wheat, gluten wheat and gluten Wheat, gluten Milk, Milk, Wheat, gluten Turkey & stuffing Barley, milk, wheat Gluten free gravy Veg lasagna Egg, milk, wheat Sausage and mash Wheat, milk, barley Jacket potato with tuna and coleslaw Milk, eggs Apple sponge Eggs, wheat and gluten, milk Apple sponge Eggs, wheat and gluten, milk Apple sponge Eggs, wheat and gluten, milk Apple sponge Fruits of the forest muffin gluten, milk Yoghurt Milk Yoghurt Milk Yoghurt Milk Yoghurt Milk Milk Free range Turkey & stuffing Barley, milk, wheat, gluten, wheat, gluten, milk Sausage and mash Wheat, egg fish Turkey & stuffing Barley, milk, wheat, gluten, wheat, egg, fish Wheat, soya Fish cake Wheat, egg, fish Wheat, egg, fish Fillet Eggs, gluten, wheat, milk cheese and beans Milk Milk Sausage and with chili and cheese milk Sananas and cheese wheat and gluten, milk Yoghurt Milk Yoghurt Milk Milk Yoghurt Milk	Monday	Tuesday	Wednesday	Thursday	Friday
Turkey burger Milk, wheat Turkey burger Milk, wheat, soya Sausage and mash Milk, eggs Apple sponge Eggs, wheat and gluten, milk Eggs, milk Yoghurt Milk Turkey burger Milk, wheat, soya Sausage and mash, wheat, egg Soya Sausage and mash Wheat, milk and barley Pasta bar Wheat, milk cheese milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Cheese and beans Milk Sausage and mash Wheat, milk Cheese milk Sausage and mash Wheat, milk Sausage and mash Wheat, milk Sausage and milk and wheat, eggs Voghurt Milk Nilk Nilk Nilk Nilk Nilk	chicken	Wheat, gluten	Turkey & stuffing Barley, milk, wheat Gluten free	bun Wheat, gluten,	Wheat, gluten,
tuna and coleslaw Milk, eggs Wheat, milk, barley Apple sponge Eggs, wheat and gluten, milk Fegs, milk Yoghurt Milk Wheat, milk Cheese and beans Milk Wheat, milk Cheese and beans Milk Chocolate, Fruit Sananas and Chocolate, vanilla short bread Milk, gluten, wheat, eags Yoghurt Milk Milk Milk Milk Milk Milk Milk	•		Quorn and sweetcorn pie Milk, wheat, egg		fillet Eggs, gluten, wheat, milk and
Apple sponge Fruits of the Gonard Chocolate, Fruit Eggs, wheat and gluten, milk Fruit Gorest muffin Eggs, milk	tuna and coleslaw	mash Wheat, milk,	with chili and cheese		cheese and beans
Yoghurt Milk Yoghurt Milk Yoghurt Milk Yoghurt Milk Milk Milk	Eggs, wheat and	Fruits of the forest muffin	Bananas and custard	vanilla short bread Milk, gluten,	Fruit
		The last of the la	Yaghurt Milk	Yoghurt	Milk
	Yoghurt a granola wheat, glu	Milk, crackers.		Fnuit jelly	Fruit bag Wheat, gluten Sulphates