Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Shepard's Pie and Veg	Battered fish, potatoes	Braised Steak and	Stuffed Chicken and	Fish and Potato Pie and
Main Course	Celery	and veg	Onion, Potatoes and	Bacon, Potatoes and	Veg
	Gluten	Gluten	Veg	Veg	Gluten
	Eggs	Fish	Celery	Gluten	Fish
	Milk	Mustard	Gluten	Milk	Mustard
	Mustard and Soya		Eggs, Milk, Soya Mustard	Sesame Seeds	
	Chicken Curry and Rice	Chicken Tagliatelle	Tomato and Basil Pasta	Beef Stroganoff and	Pasta Bolognaise
Healthy Option		Celery, Gluten, Eggs,	Bake	Rice	Gluten
	Gluten	Milk, Mustard, Sesame	Celery, Gluten, Eggs,	Celery, Gluten,	Seasame Seeds
	Mustard	Seeds, Soya, sulphur	Milk, Mustard, Sesame	Eggs, Milk, Mustard,	
		dioxide	Seeds, Sulphur dioxide,	Sesame Seeds, Sulphur	
			Soya	dioxide	
Vegetarian Option	Mushroom Vol-au-vent	Cheese and Tomato	Ratatouille	Mushroom Omlette	Cheese and Salsa
	Gluten	Pizza	Gluten	Eggs	Wraps
	Eggs	Gluten		Milk	Gluten
	Milk	Milk			Milk
	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
	Hot Dogs	Chips	1/4lb Burger	Chips	Hot Dogs
	Gluten		Gluten		Gluten, Mustard, Soya,
	Mustard, Soya, Milk,				Milk, sulphur dioxide
	sulphur dioxide				
	Sweet Chilli Noodles	Beans	Curry Noodles	Beans	Vegetable/Sweet
	Gluten	Gluten	Gluten	Gluten	Chilli Noodles
	Eggs		Eggs		Gluten
			Mustard		Eggs
					Soya

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Stuffed Pork Chop,	Battered fish, potatoes	Savoury Mince,	Irish Stew	Fish and Potato Pie and
Main Course	Potatoes and Veg	and veg	Potatoes and Veg	Celery	Veg
	Gluten	Gluten	Celery	Gluten	Gluten
	Milk Sesame Seeds	Fish	Gluten	Eggs, Milk, Mustard,	Fish
		Mustard	Eggs, Milk, Mustard,	Soya, Sulphur dioxide,	Mustard
			Soya, Sulphur dioxide	Sesame Seeds	
	Chicken Curry and Rice	Spicy Tomato Pasta	Chicken Supreme and	Chicken Pasta Bake	Pasta Bolognaise
Healthy Option		Bake	Rice	Celery	Gluten
	Gluten	Celery	Celery	Gluten	Sesame Seeds
	Mustard	Gluten	Gluten	Eggs, Milk, Mustard,	
		Eggs, Milk, Mustard,	Eggs, Milk, Mustard,	Soya, Sesame Seeds,	
		Soya, Sesame Seeds,	Soya, Sesame Seeds,	Sulphur dioxide	
		Sulphur dioxide	Sulphur dioxide		
Vegetarian Option	Cheese and Tomato	Mushroom and Cheese	Vegetable Pasta Bake	Mushroom Omelette	Vegetable Fried Rice and
	Quiche	Pizza	Gluten	Eggs	Curry
	Gluten	Gluten	Celery	Milk	Gluten
	Eggs, Milk, Mustard,	Milk	Eggs, Milk, Mustard,	Soya	Mustard, Sesame Seeds,
	Soya		Soya, Sulphur dioxide		Soya, Sulphur dioxide
	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
	Hot Dogs	Chips	1/4lb Burger	Chips	Hot Dogs
	Gluten		Gluten		Gluten, Mustard, Soya,
	Mustard, Soya, Milk,				Milk, sulphur dioxide
	sulphur dioxide				
	Sweet Chilli Noodles	Beans	Curry Noodles	Beans	Vegetable/Sweet
	Gluten	Gluten	Gluten	Gluten	Chilli Noodles
	Eggs		Eggs		Gluten
			Mustard		Eggs
					Soya

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Cornish pasties and veg	Battered fish, potatoes	Boiled Gammon,	Roast Leg of Chicken,	Breaded Fish, Potatoes
Main Course	Gluten	and veg	Potatoes and Veg	Potatoes and Veg	and Veg
	Milk	Gluten			Gluten
	Nuts	Fish			Eggs
	Soya	Mustard			Mustard
	Chicken Curry and Rice	Sweet and Sour	Chicken Tikka and Rice	Beef Curry and Rice	Pasta Bolognaise
Healthy Option		Chicken and Rice	Gluten	Gluten	Gluten
	Gluten	Gluten	Milk	Mustard	Sesame Seeds
	Mustard			Sesame Seeds	
Vegetarian Option	Cheese and Tomato	Macaroni Cheese	Mushroom Tagliatelle	Cheese and Salsa	Garlic Bread
	Omelettes	Gluten	Gluten	Wraps	Gluten
	Eggs	Celery, Eggs, Milk,	Celery, Eggs, Milk,	Gluten	Milk
	Milk	Mustard, Soya, Sesame	Mustard, Sesame	Milk	
		Seeds, Sulphur dioxide	Seeds, Soya, Sulphur dioxide		
	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
	Hot Dogs	China	1/4lb Burger	Chips	Hot Dogs
	Hot Dogs Gluten	Chips	Gluten	Chips	Gluten, Mustard, Soya,
	Mustard, Soya, Milk,		Giuteii		Milk, sulphur dioxide
	sulphur dioxide				wilk, sulphur dioxide
	Sweet Chilli Noodles	Beans	Curry Noodles	Beans	Vegetable/Sweet
	Gluten	Gluten	Gluten	Gluten	Chilli Noodles
	Eggs		Eggs		Gluten
			Mustard		Eggs
					Soya