

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

All Soups contain:- Celery, Gluten, Eggs, Milk, Mustard, Soya, Sulphur dioxide

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

All Soups contain:- Celery, Gluten, Eggs, Milk, Mustard, Soya, Sulphur dioxide

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

All Soups Contain:- Celery, Gluten, Eggs, Milk, Mustard, Soya, Sulphur dioxide