									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Mild chilli and rice with seasonal vegetables	_		-											
		Creamy tomato soup served with crusty bread		~					~							
	Monday	Jacket potato with cheese and mixed salad							~							
	Mor	Ham salad sandwich and salad sticks		~												
– Week 7		Fruit cobbler and cream		✓					✓							
ee		Yoghurt							~							
\geq		fruit														
– Week 4 –		Spaghetti bolognaise with garlic bread and seasonal vegetables		~					~							
- We		Chickpea enchiladas with seasonal vegetables		~												
	sday	Jacket potato with tuna and mixed salad				~	~				~					
Week 1	Tuesday	Bagel with cream cheese, cucumber and salad sticks		~					~							
		Biscuit and fresh fruit		✓		✓			✓							
		Yoghurt							✓							
		Fruit														
	Wed nesd ay	Roast chicken with potatoes, seasonal vegetables and gravy														

				1	1				r			r	
		Quorn fillet with	,										
		potatoes, seasonal	\checkmark										
		vegetables and gravy											
		Jacket potato with mild											
		chilli and mixed salad											
		Cheese and tomato roll	1										
		with salad sticks	\checkmark					\checkmark					
		Fruit crumble and											
		custard	\checkmark					\checkmark					
		Yoghurt											
		rognan						✓					
		Fruit			-								
		Fluit											
F		Decessivity has have											
		Bacon with hash brown,											
		baked beans bread and	\checkmark										
		butter											
		Quorn sausage hash											
		brown baked beans	\checkmark		✓								
		bread and butter											
		Jacket potato with baked											
	la)	beans or cheese with						\checkmark					
	rsc	mixed salad											
	Thursday	Tuna and cucumber											
	F	sandwich with salad	\checkmark		\checkmark	\checkmark				\checkmark			
		sticks											
		Jelly and fruit											
		Yoghurt											
		rognun						\checkmark					
		- Frankl											
		Fruit											
		Hot dog and chips with											
		salad sticks and tomato	\checkmark										
		sauce											
		Quorn hot dog and chips											
		with salad sticks and	\checkmark										
		tomato sauce											
		Jacket potato with egg			,								
	≥	and mixed salad			 ✓ 								
	Friday	Ham and cheese wrap											
	іс Ц	with salad sticks	\checkmark					✓					
							1		I		1	I	

		Frozen mousse and fruit				✓				
		Yoghurt				~				
		Fruit								
		BBQ chicken and rice with seasonal veg					\checkmark			
		Cheese pizza with a five bean salad	\checkmark			~				
	ay	Jacket potato with coleslaw and mixed salad		~			\checkmark			
	Monday	Bagel with cream cheese and cucumber salad sticks	~			~				
8		Strawberry Angel Delight				✓				
– Week 8		Yoghurt				~				
>		Fruit								
ek 5		Lasagne with five bean salad	~			~				
2 – Week 5		Chick pea and sweet potato curry with rice and seasonal vegetables								
Week 2	Tuesday	Jacket potato with spaghetti hoops and mixed salad								
	Tue	Cheese and tomato roll with salad sticks	~			~				
		Iced sprinkle sponge	\checkmark	✓		✓				
		Yoghurt				~				
		Fruit								
	Wed nesd ay	Roast turkey with potatoes, seasonal vegetables and gravy								

	-			-	1					
	Quorn fillet with potatoes seasonal vegetables and gravy	~								
	Jacket potato with Quorn bolognaise and mixed		~							
	salad									
	Egg mayonnaise sandwich with salad sticks	~	~				~			
	Fruit crumble and custard	✓				~				
	Yoghurt					~				
	Fruit									
	Sausage and mash with seasonal vegetables and gravy	~								
	Quorn sausage and mash with seasonal vegetables and gravy	~				~				
ау	Jacket potato with tuna and mixed salad		~	\checkmark			\checkmark			
Thursday	Tuna and cucumber pasta salad with salad sticks	~	~	~			~			
	Artic roll and fruit	✓	✓			✓				
	Yoghurt					~				
	Fruit									
	Salmon fishcake wedges with baked beans	~		✓						
Friday	Quorn nuggets with wedges and baked beans	*								
Fric	Jacket potato with baked beans and mixed salad									
	Chicken and bacon mayonnaise sandwich with salad sticks	✓					~			

		Pancake with fruit and sauce	~	✓		~				
		Yoghurt				~				
		Fruit								
		Chicken with fried rice and seasonal vegetables		\checkmark						
		Tomato and bean pasta bake with seasonal vegetables	✓			~				
	Monday	Jacket potato with spaghetti hoops and mixed salad								
	ž	Cheese and cucumber sandwich with salad sticks	✓			~				
		Fruit crumble and cream	\checkmark			✓				
Week 6		yoghurt				✓				
ee		fruit								
		Macaroni cheese with crusty bread and seasonal vegetables	\checkmark			~				
Week 3		seasonal vegetables Five bean chilli with rice seasonal vegetables								
$\mathbf{\tilde{\mathbf{A}}}$		Jacket potato with tuna and mixed salad		\checkmark	~		~			
	day	Ham salad roll with salad sticks	\checkmark							
	Tuesday	Chocolate fruit sponge and custard	\checkmark	\checkmark		~				
		Yoghurt				~				
		Fruit								

	Mini toad in the hole with potatoes seasonal vegetables and gravy	~	~		~				
	Quorn toad in the hole potatoes seasonal vegetables and gravy	~	~		~				
Wednesday	Jacket potato with bolognaise and mixed salad								
We	Tuna and sweetcorn bagel with salad sticks	~	~	\checkmark		~			
	Fruit and biscuit	 ✓ 	✓		✓				
	Yoghurt				~				
	Fruit								
	Cottage pie with seasonal vegetables and gravy								
	Quorn Shepherd's pie with seasonal vegetables and gravy		~						
Thursday	Jacket potato and baked beans with mixed salad								
Thu	Ham and cheese wrap with salad sticks	~			~				
	Jelly and fruit								
	Yoghurt				~				
	Fruit								
	Fish fingers and chips with peas and tomato sauce	~		~					
Friday	Vegetable fingers and chips with peas and tomato sauce	~							
	Jacket potato with ham and mixed salad								

Egg mayonnaise sandwich with salad sticks	~	√			✓			
Chocolate crispy cake	✓			✓				
Yoghurt				✓				
Fruit								