

Week 3 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Chicken Nuggets				✓				✓						
Vegetarian	Vegetable Nuggets								✓						
Side	Jacket Potato Wedges														
Vegetable	Baked Beans														
Dessert	Fruit Yoghurt				✓										
GF & DF Main	Chicken Dice														
GF & DF Side	Jacket Potato Wedges														
GF & DF Vegetable	Baked Beans														
GF & DF Dessert	Alpro Dessert							✓							

Week 3 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Baked Gammon														
	Gravy														
Vegetarian	Roasted Quorn									✓					
Side	Parsley Potatoes														
Vegetable	Carrots & Green Beans														
Dessert	Raspberry Mousse				✓										
GF & DF Main	Baked Gammon														
GF & DF Side	Parsley Potatoes														
GF & DF Vegetable	Carrots & Green Beans														
	Gravy														
GF & DF Dessert	Jelly Pot														

Week 3 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Pork Meatballs & Tomato Sauce														✓
Vegetarian	Quorn Meatballs in Tomato Sauce								✓	✓					✓
Side	Steamed Rice														
Vegetable	Sweetcorn & Peas														
Dessert	Cheese & Biscuits				✓				✓	✓				✓	
GF & DF Main	Pork Meatballs & Tomato Sauce														
GF & DF Side	Steamed Rice														
GF & DF Vegetable	Sweetcorn & Peas														
GF & DF Dessert	Alpro Dessert									✓					

Week 3 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Beef														
Vegetarian	Vegetable Sausage								✓						
Side	Roast Potatoes														
Vegetable	Broccoli & Cauliflower														
	Gravy														
Dessert	Iced Carrot Cake				✓			✓	✓	✓					
GF & DF Main	Roast Beef														
GF & DF Side	Roast Potatoes														
GF & DF Vegetable	Broccoli & Cauliflower														
GF & DF Dessert	Alpro Dessert							✓							

Week 3 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Breaded Fish Cake			✓					✓						
Vegetarian	Cheese & Tomato Pizza				✓				✓						
Side	Chips														
Vegetable	Garden Peas & Tomato Ketchup														
Dessert	Ice cream Roll				✓			✓	✓	✓					
	Strawberry Sauce	✓			✓			✓	✓	✓					✓
GF & DF Main	Baked Fish Fillet			✓											
GF & DF Side	Chips														
GF & DF Vegetable	Garden Peas														
GF & DF Dessert	Alpro Dessert									✓					