

Week 3 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Choice1	Chicken Nuggets	✓			✓				✓	✓					
Choice 2	Vegetable Nuggets								✓						
Side	Jacket Potato Wedges														
Vegetable	Baked Beans														
"Light Bite"	Jacket Potato with Tuna & Baked Beans, with Salad			✓		✓				✓					
Dessert	Fruit Flapjack								✓						
GF & DF Main	Braised Chicken														
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
Choice1	Vegetable Lasagne	✓			✓				✓	✓					
Choice 2	Beef Lasagne	✓			✓				✓	✓					
Side	Baked Garlic Bread				✓			✓	✓						
Vegetable	Carrots & Green Beans														
"Light Bite"	Ham Roll with Tomato Wedges				✓				✓					✓	
Dessert	Jelly & Fruit														
GF & DF Main	Beef Pasta Bolognese	✓													
GF & DF Side	Schar Garlic Bread							✓			✓				
GF & DF Vegetable	Carrots & Green Beans														
GF & DF Dessert	Jelly & Fruit														

Week 3 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Choice1	BBQ Style Chicken & Vegetables														
Choice 2	Sweet & Sour Style Quorn & Pepper Pieces	✓								✓					
Side	Steamed Vegetable Rice														
Vegetable															
"Light Bite"	Jacket Potato with Cheese & Baked Beans, with Salad				✓										
Dessert	Pear & Ginger Sponge				✓			✓	✓	✓					✓
	Custard				✓										
GF & DF Main	BBQ Style Chicken & Vegetables														
GF & DF Side	Steamed Vegetable Rice														
GF & DF Vegetable															
GF & DF Dessert	Pear & Ginger Muffin									✓					

Week 3 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Choice1	Roast Beef														
Choice 2	Vegetable Sausage								✓						
Side	Roast Potatoes														
Vegetable	Broccoli & Cauliflower Gravy														
"Light Bite"	Pasta in Ham & Cheese Sauce & Salad				✓	✓			✓						
Dessert	Cherry Shortbread								✓						✓
GF & DF Main	Roast Beef														
GF & DF Side	Roast Potatoes														
GF & DF Vegetable	Broccoli & Cauliflower														
GF & DF Dessert	Cherry Cookie														✓

Week 3 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Choice1	Battered Fish Fillet			✓					✓						
Choice 2	Cheese & Onion Turnover				✓				✓						
Side	Chips														
Vegetable	Garden Peas Tomato Ketchup														
"Light Bite"	Jacket Potato with Cheese & Baked Beans, with Salad				✓										
Dessert	Raspberry Mousse				✓										
GF & DF Main	Breaded Fish Fingers			✓											
GF & DF Side	Chips														
GF & DF Vegetable	Garden Peas														
GF & DF Dessert	Alpro Dessert							✓							

