

WEEK 1

MONDAY	<p>Spaghetti Bolognese, Malted Baguette and salad Pasta and Bread contain gluten from wheat Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Fruit crumble and custard Crumble mix contains gluten from wheat, egg, milk and soya. And custard contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
TUESDAY	<p>Mild Chicken Curry with Rice and Naan Bread Curry sauce contains milk Naan bread contains gluten from wheat Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Chocolate Brownie and Milk Cake mix contains gluten from wheat, egg, milk, and soya</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
WEDNESDAY	<p>Cooked Breakfast Sausage contains gluten and milk Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Peaches and ice cream Ice cream contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
THURSDAY	<p>Roast Beef, Yorkshire pudding, Roast potatoes, Carrots, and Sweetcorn and Gravy Roast Potato contains gluten from semolina Yorkshire puddings contain gluten from wheat flour, egg and milk Gravy contains soya Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Fresh Fruit and Yoghurts Yoghurts contain milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
FRIDAY	<p>Breaded Salmon, potato waffles and beans Salmon contains gluten from wheat and fish Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- chocolate cake and milk Cake mix contains gluten from wheat, egg, and milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>

Bread is available every day (contains gluten from wheat)