

## WEEK 2

<b>MONDAY</b>	<p>Pork Meatballs with tomato sauce and pasta and malted baguette  <b>Meatballs contain gluten from wheat and soya</b>  <b>Pasta and Bread contains gluten from wheat</b></p> <p>Or Jacket Potato with Baked Beans or cheese or tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>  <b>Cheese contains dairy</b></p> <p>Dessert-Carrot Cake  <b>Cake mix contains gluten from wheat, soya and egg</b></p>	<p>Healthy side          serving eg          carrot or          pepper sticks,          cucumber          or bread</p>
<b>TUESDAY</b>	<p>Homemade Pizza &amp; Salad  <b>Pizza base contains gluten from wheat and soya.</b>  <b>Cheese contains dairy</b></p> <p>Or Jacket Potato with Baked Beans or cheese or tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>  <b>Cheese contains dairy</b></p> <p>Dessert- ice cream cones  <b>Ice cream contains milk</b>  <b>Cones contains gluten from wheat and soya en from wheat and egg</b></p>	<p>Healthy side          serving eg          carrot or          pepper sticks,          cucumber          or bread</p>
<b>WEDNESDAY</b>	<p>Chicken Wrap &amp; salad  <b>Wraps contain wheat</b></p> <p>Or Jacket Potato with Baked Beans or cheese or tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>  <b>Cheese contains dairy</b></p> <p>Dessert- Cheese and biscuits and fruit  <b>Cheese contains dairy</b>  <b>Biscuits contain gluten from wheat and milk</b></p>	<p>Healthy side          serving eg          carrot or          pepper sticks,          cucumber          or bread</p>
<b>THURSDAY</b>	<p>Roast Turkey, Roast Potatoes, Carrots, Sweetcorn, and Gravy  <b>Roast Potatoes contains gluten from semolina</b>  <b>Gravy contains soya</b></p> <p>Or Jacket Potato with Baked Beans or cheese or tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>  <b>Cheese contains dairy</b></p> <p>Dessert-Fresh fruit and yoghurt  <b>Yoghurt contains milk</b></p>	<p>Healthy side          serving eg          carrot or          pepper sticks,          cucumber          or bread</p>
<b>FRIDAY</b>	<p>Battered fish and oven chips with Baked Beans  <b>Fish contains gluten from wheat and mustard and fish</b></p> <p>Or Jacket Potato with Baked Beans or cheese or tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>  <b>Cheese contains dairy</b></p> <p>Dessert-Blueberry muffins  <b>Muffins contain gluten</b></p>	<p>Healthy side          serving eg          carrot or          pepper sticks,          cucumber          or bread</p>

Bread is available every day (contains gluten from wheat)