

WEEK 3

MONDAY	<p>Spaghetti Bolognese, Malted Baguette and salad Pasta and Bread contain gluten from wheat Pasta and 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-Apple sponge and cream Cake mix contains gluten from wheat, egg, milk and soya cream contains dairy</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
TUESDAY	<p>Sausage in a bun with baked beans and salad Sausage contains gluten and milk Buns contain wheat Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Flapjack Flapjack contains oats</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
WEDNESDAY	<p>Chicken pie with Potatoes and Vegetables Gravy contains soya Pastry contains gluten Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Frozen Yoghurts Frozen Yoghurts contain Milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
THURSDAY	<p>Roast Pork, Roast Potatoes, Carrots and Swede puree, Peas and Gravy Roast Potatoes contain gluten from semolina 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 yoghurt Yoghurt contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
FRIDAY	<p>Fish Fingers and Chips with Baked Beans Fish contains gluten from wheat, yeast and fish Or Jacket Potato with Baked Beans or cheese or tuna Tuna contains Fish and Dairy, mustard and Egg Cheese contains dairy Dessert- Angel delight Angel delight contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>

Bread available every day (contains gluten from wheat)