



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Chicken and veg noodles  <i>Wheat, egg</i>	Ham, cheese and salad wraps (mayonnaise)  <i>Egg, milk, barley, wheat</i>	Jacket potato, cheese and veg sticks  <i>Milk, celery</i>	Vegetable & pasta bake  <i>Wheat</i>	Spanish style chicken and potato bake  <i>Wheat, barley</i>
	Frozen Frubes  <i>milk</i>	Hot Chocolate/ milk & shortbread  <i>Milk, wheat</i>	Angel Delight  <i>Milk</i>	Fruit in jelly  <i>None</i>	Fruit kebabs  <i>None</i>
Drink	Water	Water	Water	Water	Juice

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 2</b>					
<b>Tea</b>	Sausage and veg pasta  <i>Eggs, wheat, barley, milk</i>	Chicken curry & rice  <i>Mustard</i>	Salmon & pea pasta  <i>Fish, wheat, milk</i>	Potato wedges with beany bolognese  <i>Soya, egg, milk</i>	Cheese and veg pie  <i>Celery, egg, milk, sulphur dioxide, wheat</i>
<b>Dessert</b>	Fruit with yoghurt or custard & granola <i>Milk, nuts, egg, barley</i>	Fruit smoothies  <i>Milk</i>	Creamy fruit dessert  <i>Milk</i>	Angel Delight  <i>Milk</i>	Toasted teacake & fruit  <i>Wheat</i>
<b>Drink</b>	Water	Water	Juice	Juice	Water



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Pizza with cheese, pineapple & veg <i>Wheat, soya, sesame seeds, nuts, milk, celery</i>	Eastern vegetable tagine <i>Sulphur dioxide</i>	Sausage & mash surprise, fresh vegetables & gravy <i>Wheat, milk</i>	Grilled chicken wraps & salad (mayonnaise) <i>Wheat, egg, mustard</i>	Tuna fishcakes & salad <i>Fish, milk, celery</i>
Dessert	Fruit salad <i>None</i>	Banana & chocolate sushi <i>Wheat, milk</i>	Tropical fruit salad with yoghurt <i>Milk</i>	Mango popping surprise <i>Milk</i>	Fruit Smoothies <i>Milk</i>
Drink	Milk	Milk	Water	Water	Juice

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Ranch BBQ, potato wedges and baked beans <i>Barley, egg, mustard</i>	Savoury mince & beans with nachos <i>Wheat</i>	Tomato, veg & herb tagliatelle <i>Wheat, egg</i>	Tuna wraps with salad <i>Wheat, fish, celery</i>	Vegetable Pasta Primavera <i>Egg, milk, sulphur dioxide, nuts, wheat</i>
Dessert	Berry Popping surprise <i>Milk</i>	Fruit in jelly <i>None</i>	Oaty Treats <i>Milk, oats</i>	Frozen frubes <i>Milk</i>	Fruity pancakes <i>Wheat, milk, egg</i>
Drink	Juice	Milk	Milk	Water	Water