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| --- | --- | --- | --- | --- | --- |
| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Smokey Meatball  Pasta | Chicken & Ham  Pie | Roast Gammon | Sausage &  Mash | Fish & Chips |
| Vegetarian | Margherita  Pizza | Cheese & Potato  Pie | Cauliflower  Cheese | Veggie Sausage &  Mash | Fishless Fingers |
| Garnish | Garlic Bread & Wedges | Peas & Carrots | Roast Potatoes, Carrots, Cabbage & Gravy | Peas & Gravy | Peas |
| Dessert | Yoghurts | Jam Oaty Slice | Jelly | Apple Crumble &  Custard | Fresh Fruit |

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| Week two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Crispy Chicken Nuggets | Mac & Cheese | Roast Pork | Not So Spicy  Beef Chilli | Fish & Chips |
| Vegetarian | Quorn Nuggets | Mac & Cheese | Broccoli, Tomato & Red Pepper Quiche | Not So Spicy  Veg Chilli | Fishless Fingers |
| Garnish | Roasted New Potatoes, Peas & Sweetcorn | Garlic Bread | Roast Potatoes, Carrots, Cabbage & Gravy | Rice & Sour Cream | Peas |
| Dessert | Yoghurt | Blueberry Sponge | Oat Cookie | Chocolate Mint Cake & Custard | Fresh Fruit |

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| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Hot Dog | Lasagne | Roast Chicken | Indian Chicken & Potato Curry | Fish & Chip |
| Vegetarian | Veggie Dog | Potato & Veg Gratin | Quorn Roast | Indian Chick Pea & Potato Curry | Fishless Fingers |
| Garnish | Wedges & Slaw | Garlic Bread & salad | Roast Potatoes, Carrot, Cabbage & Gravy | Rice & Naan Bread | Peas |
| Dessert | Yoghurt | Flapjack | Jam Shortbread | Apple Crumble | Fresh Fruit |

Allergen information

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| **Product** | **Celery** | **Gluten** | **Crustaceans** | **Egg** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Peanuts** | **Sesame** | **Soy** | **Sulphur Dioxide / Sulphites** | **Nuts** |
| Smoky Meatball Pasta |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Margherita Pizza |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Garlic Bread |  | X |  |  |  |  | M/C |  |  |  |  | M/C |  |  |
| Wedges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Chicken & Ham Pie |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Cheese & Potato Pie |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Roast Gammon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower Cheese |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausage & Mash |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Vegetarian Sausage & Mash |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Fish & Chips |  | X |  |  | X |  |  |  |  |  |  |  |  |  |
| Fishless Fingers |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Crispy Chicken Nuggets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Nuggets |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Mac & Cheese |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Roast Pork |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli, Tomato & Red Pepper Quiche |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Not So Spicy Beef Chilli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Not So Spicy Veg Chilli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Dog |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Veggie Dog |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Product** | **Celery** | **Gluten** | **Crustaceans** | **Egg** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Peanuts** | **Sesame** | **Soy** | **Sulphur Dioxide / Sulphites** | **Nuts** |
| Lasagne |  | X |  | M/C |  |  | X |  |  |  |  |  |  |  |
| Potato & Veg Gratin |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Roast Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Roast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indian Chicken & Potato Curry |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Indian Veg & Potato Curry |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Yoghurts |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Flapjack |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Jam Shortbread |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Chocolate Mint Cake & Custard |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Blueberry Sponge & Custard |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Oat Cookie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple Crumble |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Jam Oat Slice |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts). MC = May contain