Week 1 Dish Jan-March'18	**Day**	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	*Soyabean*	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Minced Beef	Mon	✓ wheat					✓			✓					
Creamy Veg	Mon	✓ wheat						✓							
Y Pudding	Mon	✓ wheat		✓				✓							
Mash Potatoes	Mon							✓							
Ice Cream Roll	Mon	✓ wheat		✓				✓							
Roast Turkey	Tues														
Gravy	Tues	✓ wheat					✓	✓		✓	✓				
Y Pudding	Tues	✓ wheat		✓				✓							
Spanish Omelette	Tues			✓											
Roast Potatoes	Tues														
Plum Crumble	Tues	✓ wheat													
Custard	Tues							✓							
Fish Fingers	Weds	✓ wheat		✓	✓ Cod			✓							
Veg Pie	Weds	✓ Wheat						✓							
Diced Potatoes	Weds														
Spaghetti Hoops	Weds	✓ semolina													
Iced Sponge	Weds	✓ wheat		✓											
Roast Beef	Thurs														
Gravy	Thurs	✓ Wheat					✓			✓					
Y Pudding	Thurs	✓ Wheat		✓				✓							
Roast Potatoes	Thurs														
Cod in Tomato	Thurs				✓ Cod										
Orange Jelly	Thurs														
Chicken Nuggets	Fri	✓ wheat		✓				✓							
Veg nuggets	Fri	✓ wheat		✓											
Cheese Flan	Fri	✓ wheat		✓				✓							
Chips	Fri														
Gingerbread	Fri	✓ wheat		✓											
Vanilla Sauce	Fri							✓							

Week 2 Dish Jan-March'18	**Day**	Cereals with gluten	Crustace	Eggs	Fish	Peanuts	*Soyabean*	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Chicken Cass	Mon	✓ wheat		✓			✓	✓		✓	✓				
Quorn Hot Pot	Mon	✓ Wheat		✓			✓	✓		✓	✓				
Pasta Spirals	Mon	✓ Semolina													
Jam Sponge	Mon	✓ Wheat		✓											
Custard	Mon							✓							
Roast Gammon	Tues														
Y Pudding	Tues	✓ wheat		✓				✓							
Gravy	Tues	✓ wheat					✓	✓		✓	✓				
Veg Tagine	Tues	✓ wheat		✓			✓	✓		✓	✓				
Rice	Tues														
Mash Potatoes	Tues							✓							
Banana Mousse	Tues							✓							
Spag Bolognese	Weds	✓ Wheat/ semolina					✓			✓					
Garlic Bread	Weds	✓ wheat						✓							
Mac Cheese	Weds	✓ Wheat/ Semolina						✓							
Toffee Apple Crumble	Weds	✓ Wheat						✓							
Custard	Weds							✓							
Roast Turkey	Thurs														
Y Pudding	Thurs	✓ wheat		✓				✓							
Gravy	Thurs	✓ wheat		✓			✓	✓		✓	✓				
Roast Quorn	Thurs			✓				✓							
Roast Potatoes	Thurs														
Choc Cookies	Thurs	✓ wheat		✓				✓							
Pork Sausage	Fri	✓ wheat													
Veg Sausage	Fri	✓ wheat		✓				✓							
Baked Cod	Fri				✓ Cod										
Chips	Fri														
Lemon Cake	Fri	✓ wheat		✓											

Week 3 Dish Jan- March 18	**Day**	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	*Soyabean*	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Sausage Rolls	Mon	✓ wheat		✓			✓								
Veg Curry	Mon														
Onion Bhaji	Mon	✓ wheat													
Diced Potatoes	Mon														
Spaghetti Hoops	Mon	✓ semolina													
Fruit Sponge	Mon	✓ wheat		✓											
Custard	Mon							✓							
Roast Beef	Tues														
Y Pudding	Tues	✓ wheat		✓				✓							
Gravy	Tues	✓ wheat					✓			✓					
Cheese Omelette	Tues			✓											
Roast Potatoes	Tues														
Strawberry Jelly	Tues														
C & Tom Pizza	Weds	✓ wheat						✓							
Chicken & Chorizo Bake	Weds	✓ wheat					✓	✓		✓	✓				
Pasta Spirals	Weds	✓ semolina													
Carrot Cake	Weds	✓ wheat		✓				✓							
Roast Gammon	Thurs														
Y Pudding	Thurs	✓ Wheat		✓				✓							
Gravy	Thurs	✓ Wheat		✓				✓		✓	✓				
Veg Crumble	Thurs	✓ Wheat						✓							
Roast Potatoes	Thurs														
Jam Doughnuts	Thurs	✓ Wheat		✓				✓							
Fish Fingers	Fri	✓ wheat			✓ cod			✓							
Quorn Burger Bap	Fri	✓ wheat		✓				✓							
Chips	Fri														
Baked Beans	Fri														
Choc Sponge	Fri	✓ wheat		✓											
Choc Sauce	Fri							✓							