

Week 1 Dish Sept-Dec 2017	Day	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soybean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yoghurts	Daily							✓							
Pasta Bolognese	Mon	✓ wheat / semolina													
Egg Florentine & Potatoes	Mon	✓ wheat		✓				✓							
Garlic Bread	Mon	✓ wheat						✓							
Peach Crumble	Mon	✓ wheat													
Custard	Mon	✓ wheat						✓							
Roast Pork Y Pud	Weds	✓ wheat		✓				✓							
Quorn Toad	Tues	✓ wheat		✓				✓							
Roast Potatoes	Tues														
Gravy	Tues	✓ wheat					✓			✓			✓		
Lemon Drizzle Cake	Tues	✓ wheat		✓				✓							
Chicken & Corn Cass	Weds	✓ wheat						✓							
Veg Korma	Weds	✓ wheat						✓							
Rice	Weds														
Choc Sponge & Choc Sauce	Weds	✓ wheat		✓				✓							
Roast Beef Y Pud	Thurs	✓ wheat		✓				✓							
Gravy	Thurs	✓ wheat		✓				✓							
Veg Lasagne	Thurs	✓ Semolina						✓							
Roast Pots	Thurs														
Jelly	Thurs														
Cheese & Tom Pizza	Fri	✓ wheat						✓							
Ham Omelette	Fri			✓											
Gingerbread & Sauce	Fri	✓ wheat		✓				✓							

Week 3 Dish Sept- Dec 2017	Day	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soybean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yoghurts	Daily							✓							
Meatballs in Tomato Sauce	Mon	✓ wheat					✓			✓			✓		
Cheese & Onion Pasty	Mon	✓ wheat						✓							
Pasta Spirals	Mon	✓ semolina													
Choc Mousse	Mon							✓							
Roast Beef & Y Pud & Gravy	Tues	✓ wheat		✓				✓		✓			✓		
Veg Burgers on Baps	Tues	✓ wheat						✓							
Roast Pots	Tues														
Raspberry Sponge	Tues	✓ wheat		✓				✓							
Custard	Tues							✓							
Pork Sausages	Weds	✓ wheat													
Quorn & Tomato Cass	Weds	✓ wheat													
Mashed Pots	Weds							✓							
Spaghetti Hoops	Weds	✓ wheat													
Oaty Tray Bake	Weds														
Roast Turkey Y Pud Gravy	Thurs	✓ wheat		✓				✓		✓			✓		
Cheese Omelette	Thurs			✓											
Roast Pots	Thurs														
Strawb Crumble & Custard	Thurs	✓ wheat		✓				✓							
Chicken Nuggets	Fri	✓ wheat		✓				✓							
Veg Nuggets	Fri	✓ wheat													
Grilled Cod	Fri				✓ Cod										
Chips	Fri														
Toffee Fudge Tart	Fri	✓ wheat						✓							

