

# Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>D I N N E R</b>	Chilli Con Carne with Boiled Rice	Pasta Carbonara	Bacon and Colcannon	Spaghetti Bolognaise	Chicken Curry and Rice
<b>Allergies</b>	<b>Gluten</b>	<b>Wheat, milk, gluten, soya</b>	<b>Gluten, wheat</b>	<b>Gluten, wheat</b>	<b>Gluten, wheat</b>
<b>T E A</b>	Homemade Vegetable Soup with Brown Bread	Warm Vegetable Pesto and Pasta Salad	Scrambled Egg and Toast	Breaded Chicken fillets in wraps	Potato Waffles with Beans
<b>Allergies</b>	<b>Gluten, nuts</b>	<b>Celery, wheat, gluten</b>	<b>Wheat, gluten and eggs</b>	<b>Gluten, wheat</b>	<b>Gluten, wheat</b>

**Week 2**

<b>Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>D I N N E R</b>	Shepard Pie with Turnip	Beef Stir Fry served with Chinese Noodles	Roast Chicken, Broccoli, Carrots and Potatoes	Beef Lasagne	Vegetable Fried Rice
<b>Allergies</b>	<b>Gluten</b>	<b>Wheat, gluten, Celery</b>	<b>Gluten,</b>	<b>Gluten, wheat, dairy</b>	<b>Wheat, Gluten</b>
<b>T E A</b>	Homemade Ham and Cheese Pizza	Homemade Vegetable soup	Beans and Toast	Toasted Sandwich	Fish Fingers and Spaghetti Hoops
<b>Allergies</b>	<b>Gluten, wheat, dairy</b>	<b>Celery, wheat,</b>	<b>Wheat, gluten</b>	<b>Gluten, wheat</b>	<b>Gluten, wheat, Fish</b>

## Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>D I N N E R</b>	Chicken Curry with Boiled Rice	Beef Casserole served with Broccoli, Carrots and Potatoes	Tuna Pasta Bake	Spaghetti Bolognaise	Chicken Casserole and Mashed Potatoes
<b>Allergies</b>	<b>Gluten, nuts</b>		<b>Gluten, wheat, fish</b>	<b>Gluten, wheat</b>	<b>Wheat, Gluten</b>
<b>T E A</b>	Potato Waffles and Fish Fingers	Beans and Brown Bread	Vegetable Soup and Brown Bread	Eggs and Toast	Selection of Sandwiches - Brown/White bread - Ham - Cheese - Cheese and Tomato
<b>Allergies</b>	<b>Gluten, wheat, fish</b>	<b>Wheat, gluten</b>	<b>Wheat, gluten, celery</b>	<b>Gluten, wheat, eggs</b>	<b>Gluten</b>