

Week 2 **Tuesday Thursday Friday** Monday Wednesday Shepard's Pie Chilli Con Carne One pot chicken + **Fish Fingers with Chicken Casserole Dinner** with Carrot + chorizo pasta **Turnip + Potatoes** + Potatoes + Rice **Parsnip Contains Fish, Contains Wheat. Contains Wheat, Contains Wheat,** Wheat, Barley, Soya, Milk, Soya, Celery, **Contains Wheat Allergens** Milk, Soya, Sodium Sodium **Sodium** Milk, Celery, Soya Metabisulphite Metabisulphite Metabisulphite Homemade **Pesto Pasta** Pepperoni + **Vegetable Soup +** Waffles + **Vegetable Quiche** Tea **Cheese Pizza Spaghetti Hoops Bread** + Brown Bread **Garlic Bread** Slices Contains Wheat. Contains Milk. **Contains Celery, Contains Wheat.** Contains Eggs, **Allergens** Wheat Wheat, Soya, Milk Milk Wheat, Milk Milk, Cashew Nuts ecoungs 2011; www.grammov.com

Week 3 Monday **Tuesday** Wednesday **Thursday Friday Chicken Casserole Beef Stew with Spaghetti Chicken Curry +** Lasagne + Garlic **Dinner** + Potatoes **Boiled Rice Bread** carrots + potatoes **Bolognese** (SA) **Contains Wheat, Contains Wheat.** Milk, Soya, Celery, **Contains Wheat, Contains Wheat, Allergens** Milk, Soya, Sodium **Contains Mustard** Sodium Milk, Celery, Soya Milk, Celery, Soya Metabisulphite Metabisulphite Homemade **Toasted Ham &** Pepperoni + Beans + Toast/ **Pesto Pasta Boiled Eggs +** Cheese **Cheese Pizza** Tea **Brown Bread** Sandwiches + **Garlic Bread Brown Bread** Slices Fruit **Contains Milk, Contains Wheat, Contains Milk, Contains Wheat,** Contains Wheat, Allergens **Wheat, Cashew Nuts** Milk, Soya Wheat Eggs, Milk Milk ecoungs of H, www.gommeoxicum