

# Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b>	Beef Casserole + Mashed Potatoes	Chicken Curry + Boiled Rice	Shepards Pie + Turnip	Bacon/Cabbage + Mashed Potatoes	Spaghetti Bolognese + Broccoli
<b>Allergens</b>	Contains Wheat, Milk, Soya, Sodium Metabisulphite	Contains Mustard	Contains Wheat, Milk, Soya, Sodium Metabisulphite	Contains Sodium Metabisulphite	Contains Wheat, Soya, Milk, Celery
<b>Tea</b>	Pesto Pasta + Grated Cheese	Boiled Baby Potatoes + Beans	Tuna Pasta Bake	Savory Vegetable Rice	Toasted Ham & Cheese Sandwiches + Fruit
<b>Allergens</b>	Contains Milk, Wheat		Contains Wheat, Milk, Celery, Soya, Fish	Contains Celery, Soya, Wheat	Contains Wheat, Soya, Milk

## Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b>	Shepard's Pie with Carrot + Parsnip	One Pot Chicken + Sweetcorn Pasta	Fish Fingers with Turnip + Potatoes	Chicken Casserole + Potatoes	Chili Con Carne + Rice
<b>Allergens</b>	Contains Wheat, Milk, Soya, Sodium Metabisulphite	Contains Wheat, Milk, Celery, Soya	Contains Fish, Wheat, Barley, Soya, Sodium Metabisulphite	Contains Wheat, Milk, Soya, Celery, Sodium Metabisulphite	Contains Wheat
<b>Tea</b>	Vegetable Omelette	Vegetable Soup + Brown Soda Bread	Garlic, Cheese, Potato Bake + Broccoli	Vegetable Noodle Stir Fry	Pesto Pasta
<b>Allergens</b>	Contains Milk, Eggs	Contains Celery, Wheat, Soya, Milk	Contains Milk Sodium Metabisulphite	Contains Eggs, Wheat, Soya	Contains Wheat, Cashew Nuts

## Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Beef Stew with carrots + potatoes	Tuna Pasta Bake + Broccoli	Chicken Curry + Boiled Rice	Lasagne	Chicken Casserole + Potatoes (SA)
Allergens		Gluten, wheat	Gluten, wheat, fish	Gluten, wheat	Wheat, Gluten
Tea	BBQ Chicken Breasts, Pasta, Green Beans	Beans + Waffles	Boiled Baby Potatoes + Vegetables	Boiled Eggs + Brown Bread	Toasted Ham & Cheese Sandwiches + Fruit
Allergens	Contains Wheat, Barley	Contains Wheat, Milk		Contains Wheat, Eggs, Milk	Contains Wheat, Milk