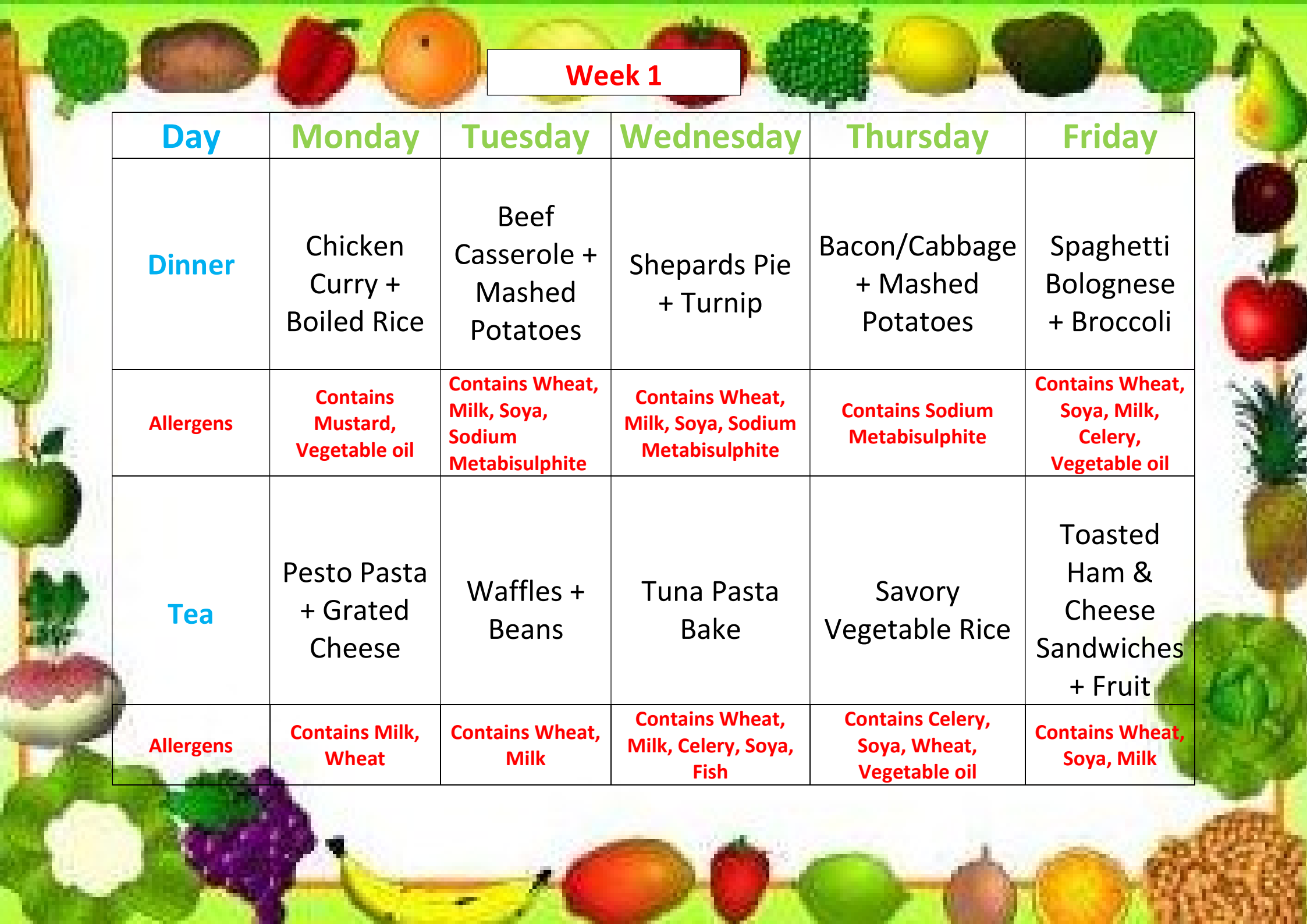
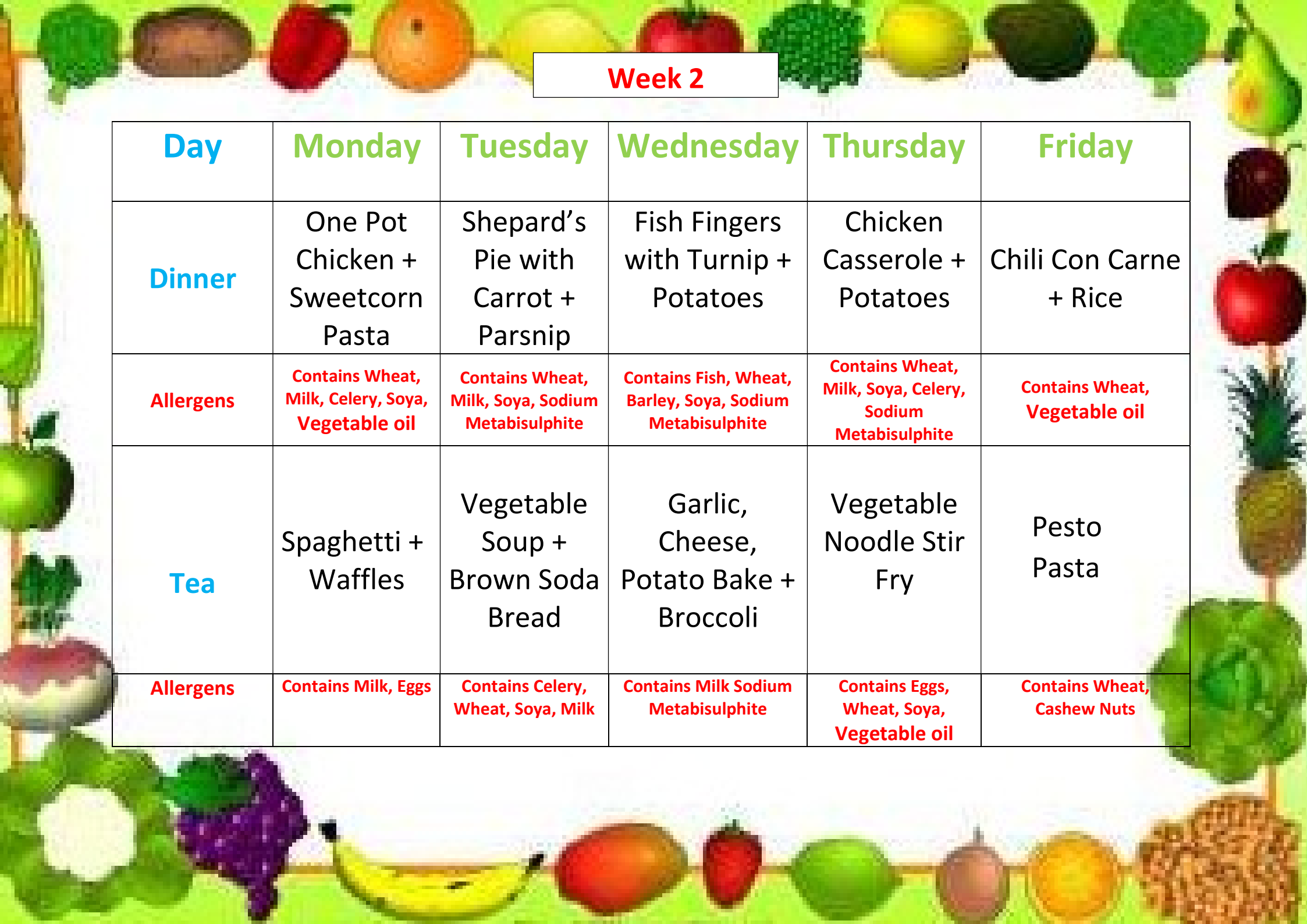




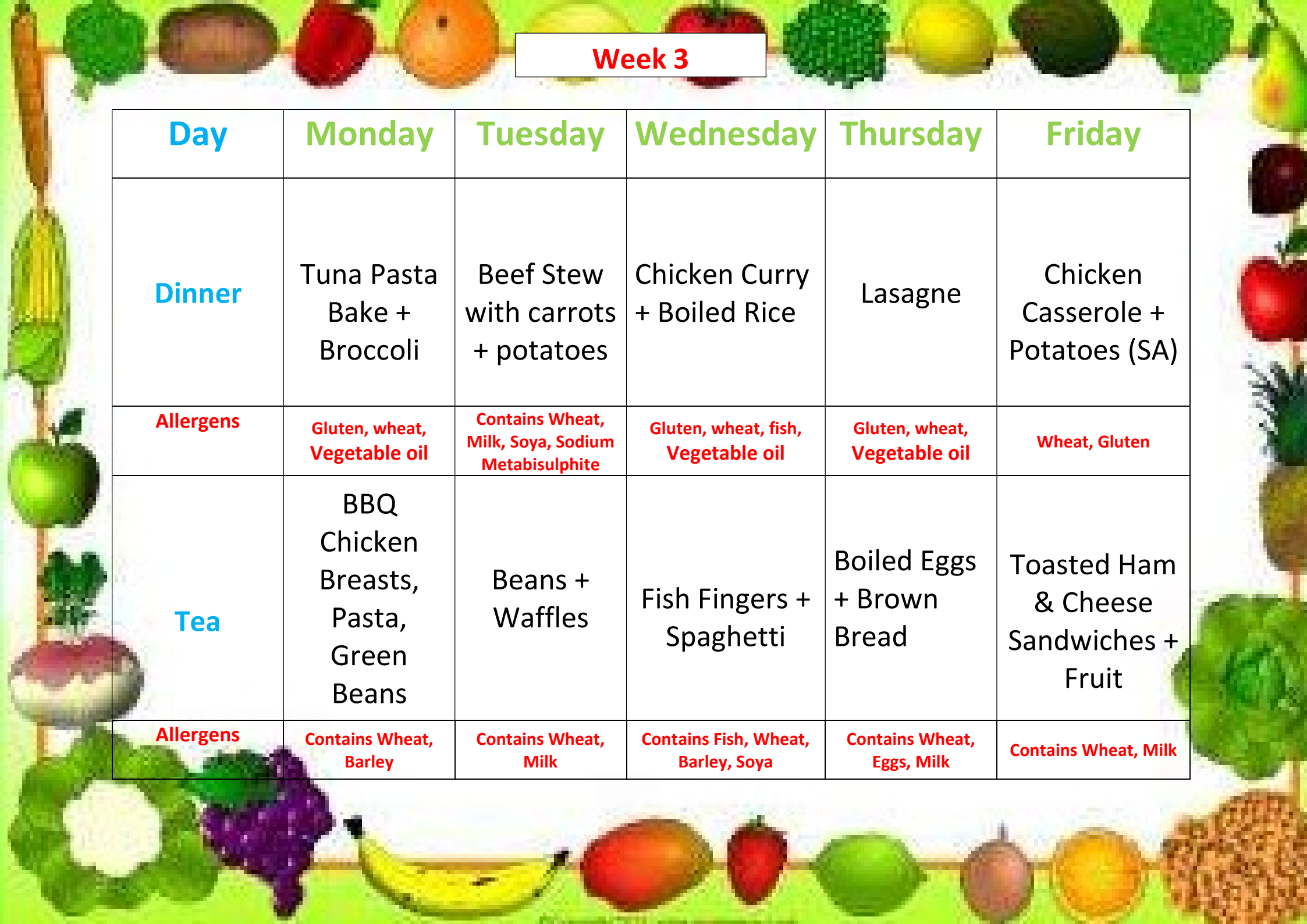
Week 1

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



Week 2

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



Week 3

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