✓ = contains MC = may contain MONDAY						Lupin Flour	Milk		MUSTARD			SSSAME		Door WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Cod & Salmon Fish Fingers		✓ - wheat			1									
Salmon Fish Fingers		✓ - wheat			1									
Broccoli & Tomato Pasta		✓ - wheat												
Herby Diced Potatoes		✓ - wheat												
Baked Beans														
Sweetcorn Kernels														
Garden Peas														
Salad Selection	МС													
Raspberry & Peach Swirl Sponge		✓ - wheat		1			1						1	
Custard							1							
Wholemeal Bread		✓ - wheat											1	
Yoghurt							1							
Cheese & Biscuits		✓ = wheat MC - rye, oats, & barley					1							
Fresh Fruit														
Ice Cream							1							
Semi-Skimmed Milk							1							
Tomato Ketchup														

✓ = contains MC = may contain TUESDAY					D D	Lupin Flour	Milk		MUSTARD			SSEME		Gaer WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Beef Bolognese sauce	✓													
Falafel burger		✓ - wheat & rye										МС		
Vegan Mayonnaise														
Pasta		✓ - wheat												
Potato wedges														
Mixed Vegetables														
Broccoli Florets														
Salad Selection	МС													
Wholemeal Bread		✓ - wheat											1	
Yoghurt							1							
Cheese & Biscuits		✓ - wheat MC - rye, oats, & barley					1							
Ice Cream							1							
Fresh Fruit														
Semi-Skimmed Milk							✓							

✓ = contains MC = may contain WEDNESDAY						upin Flour	Milk		MUSTARD					Baor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Roast Turkey														
Stuffing		✓ - wheat												
Gravy	МС	√ - wheat barley		МС			МС		МС				МС	
Vegetable & Lentil Shepherd's Pie	✓													✓
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Cabbage														
Carrots														
Diced Swede														
Wholemeal Bread		√ - wheat											✓	
Fruit Jelly														
Strawberry Swirl							√							
Yoghurt							✓							
Cheese & Biscuits		wheatMC - rye, oats,barley					✓							
Fresh Fruit														
Semi-Skimmed Milk							√							

✓ = contains MC = may contain THURSDAY						Lupin Flaur	Milk		MUSTARD			SSAME	18	Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Meatballs		✓ - wheat					1							
Gravy	МС	✓ - wheat barley		МС			МС		МС				МС	
Vegetarian Sausage		√ - wheat												
Free From Gravy														
Creamed Potatoes (with Sunlite spread only)														✓
Boiled Potatoes														✓
Garden Peas														
Carrots														
Broccoli														
Salad Selection	МС													
Wholemeal Bread		✓ - wheat											✓	
Yoghurt							✓							
Cheese & Biscuits		✓ = wheat MC - rye, oats, & barley					√							
Fresh Fruit														
Semi-Skimmed Milk							√							

✓ = contains MC = may contain FRIDAY						Lupin Flour	Milk		MUSTARD			SSAM	£	Baer
FRIDAT	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide / Sulphites
Fish Fillet		✓ - wheat			1									
Spinach & Chickpea Curry (Mangalore Malabar Curry Sauce)									1	MC – almonds & cashews	MC	мс	MC	
Vegetable Rice														
Chipped Potatoes														
Mixed Vegetables														
Sweetcorn														
Broccoli Florets														
Salad Selection	МС													
Mandarin topped Sponge		✓ - wheat		1			1						1	
Wholemeal Bread		✓ - wheat											1	
Yoghurt							1							
Cheese & Biscuits		wheatMC - rye, oats,barley					1							
Fresh Fruit														
Semi-Skimmed Milk							1							