

Week 1	Lunch		Snack	Tea	
Monday	Chicken, potatoes, Pea's, gravy	Milk, Soya, Celery, Wheat, Gluten, Eggs, Lupin	Fruit and savoury biscuits/rice cakes	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten
	Yoghurt	Milk			
Tuesday	Spag Bol + garlic bread	Milk, Lupin, Wheat, Gluten, Celery	Fruit and savoury biscuits/rice cakes	Ploughman's - sausage rolls, Hummus, vegetables, bread sticks	Wheat, Lupin, Gluten
	Melon				
Wednesday	Katsu Curry, rice, fishfingers and Mixed Veg	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk Salad cream, egg, mustard Fish, wheat, lupin, soya, Gluten
	Banana				
Thursday	Vegi mince chilli, brown rice and Nachos	Milk, egg, Wheat, barley, Lupin, Gluten	Fruit and savoury biscuits/rice cakes	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Strawberry mousse	Milk			
Friday	Salmon and tomato pasta	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Scotch pancakes and blueberry compote (fresh blended blueberries)	Milk, Gluten, Wheat, Lupin
	Plain scone	Milk, lupin, wheat, gluten, egg			

Week 2	Lunch		Tea	
Monday	Vegi Sausage, Mash and Baked Beans	Eggs, gluten, Milk, lupin, Wheat	Scotch pancakes with banana	Milk, Gluten, Wheat, Lupin
	scones	Milk, lupin, wheat, gluten, egg		
Tuesday	Chicken Korma, Brown Rice and Peas	Milk, Wheat, Gluten, egg, Soya, Lupin	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten,
	Yoghurt	Milk		
Wednesday	Fish cakes, cubed Potatoes and sweetcorn	milk, soya, celery, gluten, lupin, wheat, fish	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Melon			
Thursday	Chilli con carne, rice and Nachos	Milk, egg Wheat, barley Lupin, Gluten	Cheese on whole grain toast with tomato	Milk, Gluten, Wheat, Lupin
	Banana			
Friday	Ham and tomato pasta	Milk, Gluten, Wheat, Lupin, soya, eggs	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk, Salad cream, egg, mustard, Fish, wheat, lupin, soya, Gluten
	Strawberry Mousse	Milk		

Week 3	Lunch		Snack	Tea	
Monday	Salmon and tomato pasta	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Scotch pancakes and blueberry compote (fresh blended blueberries)	Milk, Gluten, Wheat, Lupin
	Plain scone	Milk, lupin, wheat, gluten, egg			
Tuesday	Chicken, potatoes, Pea's, gravy	Milk, Soya, Celery, Wheat, Gluten, Eggs, Lupin	Fruit and savoury biscuits/rice cakes	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten
	Yoghurt	Milk			
Wednesday	Spag Bol + garlic bread	Milk, Lupin, Wheat, Gluten, Celery	Fruit and savoury biscuits/rice cakes	Ploughman's - sausage rolls, Hummus, vegetables, bread sticks	Wheat, Lupin, Gluten
	Melon				
Thursday	Katsu Curry, rice, fishfingers and Mixed Veg	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk Salad cream, egg, mustard Fish, wheat, lupin, soya, Gluten
	Banana				
Friday	Vegi mince chilli, brown rice and Nachos	Milk, egg, Wheat, barley, Lupin, Gluten	Fruit and savoury biscuits/rice cakes	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Strawberry mousse	Milk			

Week 4	Lunch		Tea	
Monday	Ham and tomato pasta	Milk, Gluten, Wheat, Lupin, soya, eggs	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk, Salad cream, egg, mustard, Fish, wheat, lupin, soya, Gluten
	Strawberry Mousse	Milk		
Tuesday	Vegi Sausage, Mash and Baked Beans	Eggs, gluten, Milk, lupin, Wheat	Scotch pancakes with banana	Milk, Gluten, Wheat, Lupin
	Scones	Milk, lupin, wheat, gluten, egg		
Wednesday	Chicken Korma, Brown Rice and Peas	Milk, Wheat, Gluten, egg, Soya, Lupin	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten,
	Yoghurt	Milk		
Thursday	Fish cakes, cubed Potatoes and sweetcorn	milk, soya, celery, gluten, lupin, wheat, fish	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Melon			
Friday	Chilli con carne, rice and Nachos	Milk, egg Wheat, barley Lupin, Gluten	Cheese on whole grain toast with tomato	Milk, Gluten, Wheat, Lupin
	Banana			

Week 5	Lunch		Snack	Tea	
Monday	Vegi mince chilli, brown rice and Nachos	Milk, egg, Wheat, barley, Lupin, Gluten	Fruit and savoury biscuits/rice cakes	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Strawberry mousse	Milk			
Tuesday	Salmon and tomato pasta	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Scotch pancakes and blueberry compote (fresh blended blueberries)	Milk, Gluten, Wheat, Lupin
	Plain scone	Milk, lupin, wheat, gluten, egg			
Wednesday	Chicken, potatoes, Pea's, gravy	Milk, Soya, Celery, Wheat, Gluten, Eggs, Lupin	Fruit and savoury biscuits/rice cakes	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten
	Yoghurt	Milk			
Thursday	Spag Bol + garlic bread	Milk, Lupin, Wheat, Gluten, Celery	Fruit and savoury biscuits/rice cakes	Ploughman's - sausage rolls, Hummus, vegetables, bread sticks	Wheat, Lupin, Gluten
	Melon				
Friday	Katsu Curry, rice, fishfingers and Mixed Veg	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk Salad cream, egg, mustard Fish, wheat, lupin, soya, Gluten
	Banana				

Week 6	Lunch		Tea	
Monday	Chilli con carne, rice and Nachos	Milk, egg Wheat, barley Lupin, Gluten	Cheese on whole grain toast with tomato	Milk, Gluten, Wheat, Lupin
	Banana			
Tuesday	Ham and tomato pasta	Milk, Gluten, Wheat, Lupin, soya, eggs	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk, Salad cream, egg, mustard, Fish, wheat, lupin, soya, Gluten
	Strawberry Mousse	Milk		
Wednesday	Vegi Sausage, Mash and Baked Beans	Eggs, gluten, Milk, lupin, Wheat	Scotch pancakes with banana	Milk, Gluten, Wheat, Lupin
	scones	Milk, lupin, wheat, gluten, egg		
Thursday	Chicken Korma, Brown Rice and Peas	Milk, Wheat, Gluten, egg, Soya, Lupin	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten,
	Yoghurt	Milk		
Friday	Fish cakes, cubed Potatoes and sweetcorn	milk, soya, celery, gluten, lupin, wheat, fish	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Melon			

Week 7	Lunch		Snack	Tea	
Monday	Katsu Curry, rice, fishfingers and Mixed Veg	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk Salad cream, egg, mustard Fish, wheat, lupin, soya, Gluten
	Banana				
Tuesday	Vegi mince chilli, brown rice and Nachos	Milk, egg, Wheat, barley, Lupin, Gluten	Fruit and savoury biscuits/rice cakes	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Strawberry mousse	Milk			
Wednesday	Salmon and tomato pasta	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Scotch pancakes and blueberry compote (fresh blended blueberries)	Milk, Gluten, Wheat, Lupin
	Plain scone	Milk, lupin, wheat, gluten, egg			
Thursday	Chicken, potatoes, Pea's, gravy	Milk, Soya, Celery, Wheat, Gluten, Eggs, Lupin	Fruit and savoury biscuits/rice cakes	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten
	Yoghurt	Milk			
Friday	Spag Bol + garlic bread	Milk, Lupin, Wheat, Gluten, Celery	Fruit and savoury biscuits/rice cakes	Ploughman's - sausage rolls, Hummus, vegetables, bread sticks	Wheat, Lupin, Gluten
	Melon				

Week 8	Lunch		Tea	
Monday	Fish cakes, cubed Potatoes and sweetcorn	milk, soya, celery, gluten, lupin, wheat, fish	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Melon			
Tuesday	Chilli con carne, rice and Nachos	Milk, egg Wheat, barley Lupin, Gluten	Cheese on whole grain toast with tomato	Milk, Gluten, Wheat, Lupin
	Banana			
Wednesday	Ham and tomato pasta	Milk, Gluten, Wheat, Lupin, soya, eggs	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk, Salad cream, egg, mustard, Fish, wheat, lupin, soya, Gluten
	Strawberry Mousse	Milk		
Thursday	Vegi Sausage, Mash and Baked Beans	Eggs, gluten, Milk, lupin, Wheat	Scotch pancakes with banana	Milk, Gluten, Wheat, Lupin
	scones	Milk, lupin, wheat, gluten, egg		
Friday	Chicken Korma, Brown Rice and Peas	Milk, Wheat, Gluten, egg, Soya, Lupin	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten,
	Yoghurt	Milk		

Week 9	Lunch		Snack	Tea	
Monday	Spag Bol + garlic bread	Milk, Lupin, Wheat, Gluten, Celery	Fruit and savoury biscuits/rice cakes	Ploughman's - sausage rolls, Hummus, vegetables, bread sticks	Wheat, Lupin, Gluten
	Melon				
Tuesday	Katsu Curry, rice, fishfingers and Mixed Veg	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk Salad cream, egg, mustard Fish, wheat, lupin, soya, Gluten
	Banana				
Wednesday	Vegi mince chilli, brown rice and Nachos	Milk, egg, Wheat, barley, Lupin, Gluten	Fruit and savoury biscuits/rice cakes	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Strawberry mousse	Milk			
Thursday	Salmon and tomato pasta	Eggs, gluten, Milk, lupin, Wheat, fish	Fruit and savoury biscuits/rice cakes	Scotch pancakes and blueberry compote (fresh blended blueberries)	Milk, Gluten, Wheat, Lupin
	Plain scone	Milk, lupin, wheat, gluten, egg			
Friday	Chicken, potatoes, Pea's, gravy	Milk, Soya, Celery, Wheat, Gluten, Eggs, Lupin	Fruit and savoury biscuits/rice cakes	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten
	Yoghurt	Milk			

Week 10	Lunch		Tea	
Monday	Chicken Korma, Brown Rice and Peas	Milk, Wheat, Gluten, egg, Soya, Lupin	Cheesy crumpets and cucumber slices	Milk, Lupin, Soya, Wheat, Egg, Gluten,
	Yoghurt	Milk		
Tuesday	Fish cakes, cubed Potatoes and sweetcorn	milk, soya, celery, gluten, lupin, wheat, fish	White Pitta, ham and cream cheese + pepper batons	Mayo- egg, milk, Salad cream, egg, mustard, wheat, lupin, soya, Gluten
	Melon			
Wednesday	Chilli con carne, rice and Nachos	Milk, egg Wheat, barley Lupin, Gluten	Cheese on whole grain toast with tomato	Milk, Gluten, Wheat, Lupin
	Banana			
Thursday	Ham and tomato pasta	Milk, Gluten, Wheat, Lupin, soya, eggs	Whole grain Wraps- Tuna or chicken paste + tomato wedges	Mayo- egg, milk, Salad cream, egg, mustard, Fish, wheat, lupin, soya, Gluten
	Strawberry Mousse	Milk		
Friday	Vegi Sausage, Mash and Baked Beans	Eggs, gluten, Milk, lupin, Wheat	Scotch pancakes with banana	Milk, Gluten, Wheat, Lupin
	Scones	Milk, lupin, wheat, gluten, egg		