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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1  Red | Salmon bites  **Contains:** Gluten, fish, Wheat  Potato wedges  **Contains:** None of the 14 food allergens | Chicken meatballs in gravy  **Contains:** None of the 14 food allergens  Mash potato  **Contains:** None of the 14 food allergens | Pasta Bolognaise  **Contains:** Gluten, Sulphites and Wheat | Chicken and vegetable  **Contains:** None of the 14 food allergens  Puff pastry top  **Contains:** Gluten and Wheat  Mash potato  **Contains:** None of the 14 food allergens | Grilled Pork Sausage  **Contains:** Gluten, Sulphites and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish |
| Option 2  Blue | Tomato and basil pasta  **Contains:**  Gluten, Wheat | 133950 Vegetarian sausage  **Contains:** Gluten, soya, sulphites, wheat  Mash potato  **Contains:** None of the 14 food allergens | Quorn Burrito  **Contains:** Egg,  Wrap  **Contains:** Gluten and Wheat | Homemade Cheese and tomato Pizza  **Contains:** Gluten, Milk and Wheat | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish |
| Option 3  Yellow | Cheese Sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley and Sesame | Chicken Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | Cheese sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley  and Sesame | Chicken Sandwich  **Contains:** Gluten, Soya and Wheat  **May contain:** Barley  and Sesame | Cheese Roll  **Contains:** Gluten, Milk and Wheat  **May contain:** Sesame |
| Option 4  Green | Baked potato with Cheese **Contains:** Milk  Baked potato with Tuna mayo **Contains:** Egg, Fish | | | | |
| Dessert |  | Sponge Cake  **Contains:**  Egg, Gluten, Milk, Wheat |  |  |  |

Week Commencing

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| --- | --- | --- | --- | --- |
| 14th Aug 23 | 21st Aug 23 | 11th Sept 23 | 2nd Oct 23 | 23rd Oct 23 |
| 13th Nov 23 | 4th Dec 23 | 8th Jan 24 | 29th Jan 24 | 19th Feb 24 |
| 11th Mar 24 | 22nd Apr 24 | 13th May 24 | 3rd June 24 | 24th June 24 |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Quorn dippers(v)  **Contains:** Gluten and Wheat  Potato Wedges  **Contains:** None of the 14 food allergens | Turkey Burger 3503  **Contains:** None of the 14 food allergens  Roll  **Contains:** Gluten, Sesame and Wheat  Potato Wedges  **Contains:** None of the 14 food allergens | Stew Steak and GF Sausage  **Contains:** Celery and Sulphites  Puff pastry top  **Contains:** Gluten and Wheat  Mash potato  **Contains:** None of the 14 food allergens | Chicken Curry with Rice  **Contains:** Celery, Gluten, Mustard, Sulphites and Wheat  Rice  **Contains:** None of the 14 Allergens | Omelette(v)  **Contains:** Egg, milk  Chips  **May Contain:** Fish, Gluten and Wheat |
| Option 2 | Tomato and basil pasta  **Contains:**  Gluten, Wheat | Macaroni Cheese(v)  **Contains:** Gluten, Milk and Wheat | Vegetable fingers(v)  **Contains:** Gluten and Wheat  Mash potato  **Contains:** None of the 14 food allergens | Vegeball Marinara  **Contains:** Soya  Sub Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | Battered Pollock  **Contains:** Gluten, Fish and Wheat  Chips  **May Contain:** Fish, Gluten and Wheat |
| Option 3 | Cheese Sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley and Sesame | Chicken Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | Cheese sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley  and Sesame | Chicken Sandwich  **Contains:** Gluten, Soya and Wheat  **May contain:** Barley  and Sesame | Cheese Roll  **Contains:** Gluten, Milk and Wheat  **May contain:** Sesame |
| Option 4 | Baked potato with Cheese **Contains:** Milk  Baked potato with Tuna mayo **Contains:** Egg, Fish | | | | |
| Dessert |  | Custard Cream  **Contains:**  Gluten, wheat |  | Chocolate Cake |  |

**Week commencing**

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| --- | --- | --- | --- | --- |
| 28th Aug 23 | 18th Sept 23 | 9th Oct 23 | 30th Oct 23 | 20th Nov 23 |
| 11th Dec 23 | 15th Jan 24 | 5th Feb 24 | 26th Feb 24 | 18th Mar 24 |
| 29th April 24 | 20th May 24 | 10th June 24 |  |  |

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| Week 3 | Monday | Tuesday | Wednesday | | Thursday | Friday | | |
| Option 1  (Red) | Fish fingers  **Contains:** Gluten, Fish and Wheat  Potato Wedges  **Contains:** None of the 14 food allergens | Roast turkey & Gravy  **Contains:** None of the 14 Allergens  Yorkshire pudding  **Contains:** Egg, Gluten, Milk and Wheat  Roast potatoes  **Contains:** None of the 14 Allergens | Mince  **Contains:** None of the 14 Allergens  Mash potato  **Contains:** None of the 14 food allergens | | Chicken meatballs in tomato sauce  **Contains:** None of the 14 Allergens  Pasta  **Contains:** Gluten and Wheat | Beef Burger  **Contains:** Gluten and Wheat  Roll  **Contains:** Gluten, Sesame and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish | | |
| Option 2  (Blue) | Tomato and basil pasta  **Contains:**  Gluten, Wheat | Macaroni Cheese(v)  **Contains:** Gluten, Milk and Wheat | Quorn dippers(v)  **Contains:** Gluten and Wheat  Mash potato  **Contains:** None of the 14 food allergens | | Homemade cheese and tomato Pizza(v)  **Contains:** Wheat, Gluten, Milk | Vegan sausage roll  **Contains:** Gluten and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish | | |
| Option 3  (Yellow) | Cheese Sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley and Sesame | Chicken Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame | Cheese sandwich  **Contains:** Gluten, Milk Soya and Wheat  **May contain:** Barley  and Sesame | | Chicken Sandwich  **Contains:** Gluten, Soya and Wheat  **May contain:** Barley  and Sesame | | Cheese Roll  **Contains:** Gluten, Milk and Wheat  **May contain:** Sesame | |
| Option 4  (Green) | Baked potato with Cheese **Contains:** Milk  Baked potato with Tuna mayo **Contains:** Egg, Fish | | | | | | | |
| Dessert |  | Shortbread  **Contains:**  Gluten, Wheat |  | Sponge Cake  **Contains:**  Egg, Gluten, Milk, Wheat | | | |  |

**Week commencing**

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| --- | --- | --- | --- | --- |
| 4th Sept 23 | 25th Sept 23 | 6th Nov 23 | 27th Nov 23 | 18th Dec 23 |
| 22nd Jan 24 | 12th Feb 24 | 4th Mar 24 | 25th Mar 24 | 15th April 24 |
| 6th May 24 | 27th May 24 | 17th June 24 |  |  |