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| --- | --- | --- | --- | --- | --- |
| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1Red | Salmon bites**Contains:** Gluten, fish, WheatPotato wedges**Contains:** None of the 14 food allergens | Chicken meatballs in gravy**Contains:** None of the 14 food allergensMash potato**Contains:** None of the 14 food allergens | Pasta Bolognaise**Contains:** Gluten, Sulphites and Wheat | Chicken and vegetable**Contains:** None of the 14 food allergensPuff pastry top**Contains:** Gluten and WheatMash potato**Contains:** None of the 14 food allergens | Grilled Pork Sausage**Contains:** Gluten, Sulphites and WheatChips**May Contain:** Wheat, Gluten, Fish |
| Option 2Blue | Tomato and basil pasta**Contains:**Gluten, Wheat | 133950 Vegetarian sausage**Contains:** Gluten, soya, sulphites, wheatMash 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 WheatChips**May Contain:** Wheat, Gluten, Fish |
| Option 3Yellow | 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:** Barleyand Sesame | Chicken Sandwich**Contains:** Gluten, Soya and Wheat**May contain:** Barleyand Sesame | Cheese Roll**Contains:** Gluten, Milk and Wheat**May contain:** Sesame |
| Option 4Green  | Baked potato with Cheese **Contains:** MilkBaked 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 WheatPotato Wedges**Contains:** None of the 14 food allergens | Turkey Burger 3503**Contains:** None of the 14 food allergensRoll**Contains:** Gluten, Sesame and WheatPotato Wedges**Contains:** None of the 14 food allergens | Stew Steak and GF Sausage**Contains:** Celery and SulphitesPuff pastry top**Contains:** Gluten and WheatMash potato**Contains:** None of the 14 food allergens | Chicken Curry with Rice**Contains:** Celery, Gluten, Mustard, Sulphites and WheatRice**Contains:** None of the 14 Allergens | Omelette(v)**Contains:** Egg, milkChips**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 WheatMash 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 WheatChips**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:** Barleyand Sesame | Chicken Sandwich**Contains:** Gluten, Soya and Wheat**May contain:** Barleyand Sesame | Cheese Roll**Contains:** Gluten, Milk and Wheat**May contain:** Sesame |
| Option 4  | Baked potato with Cheese **Contains:** MilkBaked 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 WheatPotato Wedges**Contains:** None of the 14 food allergens | Roast turkey & Gravy**Contains:** None of the 14 AllergensYorkshire pudding**Contains:** Egg, Gluten, Milk and WheatRoast potatoes**Contains:** None of the 14 Allergens | Mince**Contains:** None of the 14 AllergensMash potato**Contains:** None of the 14 food allergens | Chicken meatballs in tomato sauce**Contains:** None of the 14 AllergensPasta**Contains:** Gluten and Wheat | Beef Burger**Contains:** Gluten and Wheat Roll**Contains:** Gluten, Sesame and WheatChips**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 WheatMash potato**Contains:** None of the 14 food allergens | Homemade cheese and tomato Pizza(v)**Contains:** Wheat, Gluten, Milk | Vegan sausage roll**Contains:** Gluten and WheatChips**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:** MilkBaked 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 |  |  |