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| **Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning break  | Plain bagel: **Contains:** Gluten, wheat sulphitesTurkey slice roll: **Contains:** Gluten and WheatChicken grill roll: **Contains:** Gluten, wheat Pancake: **Contains:** Gluten and Wheat **May contain:** Egg and Milk |
| **Week 1****Option 1-** Traditional | Chicken curry **Contains:** Gluten and WheatBoiled rice **Contains**: none of the 14 allergens  | Chicken meatballs in tomato sauce**Contains:** None of the 14 food allergensPasta**Contains:**Gluten, Wheat **May contain:** Mustard and Soya | Sausage **Contains** glutenMash potato**Contains:** Milk | Cajun Chicken pasta**Contains:** Gluten, Milk and Wheat**May contain:** Mustard and Soya | Breaded Haddock**Contains:** Fish, Gluten and WheatBeef Burger**Contains**: SulphitesQuorn burger**Contains:** None of the 14 food allergies Roll**Contains:** Gluten and Wheat**May contain:** SesameChips**May Contain:** Wheat, Gluten, Fish |

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| **Week 2****Option 1-** Traditional | Roast meat **Contains:** None of the 14 AllergensYorkshire pudding**contains**: Egg, Gluten, Milk and WheatRoast potatoes**Contains**: none of the 14 allergens  | Chicken orVeg Fajitas**Contains:** Gluten and Wheat | Stew Steak and Sausage**Contains:** Celery and SulphitesPuff pastry top**Contains:** Gluten and WheatMash potato **Contains:** Milk | Cajun Chicken pasta**Contains:** Gluten, Milk and Wheat**May contain:** Mustard and Soya | Breaded Haddock**Contains:** Fish, Gluten and WheatBeef Burger**Contains**: SulphitesQuorn burger**Contains:** None of the 14 food allergies Roll**Contains:** Gluten and WheatMay contain: SesameChips**May Contain:** Wheat, Gluten, Fish |
| **Week 3****Option 1-** Traditional | Vegan sausage roll(v)**Contains:** Barley, Gluten, Soya and Wheat**May contain:** MilkPotato wedges**Contains:** None of the 14 food allergens | Chicken Lasagne **Contains:**  | Chilli beef**Contains** CeleryNachos **Contains:** None of the 14 Food Allergens | Cajun Chicken pasta**Contains:** Gluten, Milk and Wheat**May contain:** Mustard and Soya | Breaded Haddock**Contains:** Fish, Gluten and WheatBeef Burger**Contains**: SulphitesQuorn burger**Contains:** None of the 14 food allergensRoll**Contains:** Gluten and Wheat**May contain:** SesameChips**May Contain:** Wheat, Gluten, Fish |
| **Week 1, 2 and 3****Option 2 –** Pasta | Salmon bites**Contains:** Gluten, fish, WheatWrapSweet Chilli Quorn Wrap**Contains:** Egg, Gluten and Wheat | Cheesy macaroni(v) **Contains:** Gluten, Milk and Wheat**May contain:** Mustard and Soya | Penne Arrabiata(v) **Contains:** Gluten and Wheat**May contain:** Mustard and Soya | Quorn Burrito(v)**Contains:** Egg, MilkWrap**Contains:** Gluten and Wheat  |  |
| **Week 1, 2 and 3****Option 3-** Burger | Chicken burger**Contains:** Gluten, wheatRoll**Contains:** Gluten and Wheat**May contain:** Sesame | Quorn Burger(v)**Contains:** None of the 14 food allergensRoll**Contains:** Gluten and Wheat**May contain:** Sesame |  |
| **Week 1, 2 and 3****Option 4 -** Pizza  | Triple cheese pizza slice**Contains:** Gluten, Milk, Wheat**May contain** Egg  |  |
| **Week 1, 2 and 3**Option 5-  | Bread **Contains**: Gluten, Soya and Wheat **May contain**: BarleyPanini **Contains:** Gluten and wheat **May Contain**: sesameWrap **Contains:** Gluten and WheatBaguette **Contains:** Gluten and wheat **may contain** Barley sesame Cheese **Contains:** Milk Sliced Turkey **Contains:** None of the 14 allergens Tuna mayo **Contains:** Fish and EggChicken mayo **Contains:** EggTandoori Chicken **Contains:** Soybeans, Celery and celeriacChicken tikka **Contains:** Soybeans, Celery and celeriacCheese Pizzini **Contains:** Gluten, Milk and Wheat Spicy chicken Pizzini **Contains :** Gluten, Milk and Wheat |
| **Desserts** | Plain and chocolate sponge cake **Contains:** Egg, Gluten, milk and Wheat **May contain:** SoyaYoghurt **Contains**: Milk  |