ALLERGEN MATRIX														
Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 1 Monday														
Homemade Meatball Pizza	■		■			■					■			
Homemade Cheese & Tomato Pizza	■		■			■					■			
Baked Herby Diced Potatoes														
Mini Cobette of Corn														
Sweet Chilli Slaw														
Jacket Potato														
Lemon & Poppy Seed Cake	■		■								■			
Yoghurt	■													
Week 1 Tuesday														
Paprika Chicken														
Pitta Bread			■											
Sour Cream Dip	■													
Butternut Squash & Red Bean Risotto 53312												■	■	
Baked Potato Wedges														
Garden salad														
Coleslaw	■										■			■
Jacket Potato														
Cinnamon, Apple & Sultana with an Oaty Topping			■									■		
Cream	■													
Yoghurt	■													

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 1 Wednesday														
Honey Roast Gammon														
Gravy 3013														
Cheese & Tomato Quiche														
New Potatoes with Fresh Chives														
Seasonal Cabbage														
Carrots														
Jacket Potato														
Summer Berry Jelly														
Yoghurt														
Week 1 Thursday														
Homemade Beef Lasagne														
Five Bean Chilli														
Tortilla Basket 11752														
Tomato & Basil Bread														
Provencal Vegetables														
Mixed Salad														
Jacket Potato														
Chocolate Marble Sponge														
Vanilla Sauce (Fresh Milk)														
Yoghurt														

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 1 Friday														
Breaded Fish Fillet 10620		■	■											
Salmon Fish Pie	■	■												
Quorn Sausage	■		■								■			
Hot Dog Roll 8754			■				■							
Tomato Relish														
Chips														
Peas														
Baked Beans														
Jacket Potato														
Ice Cream	■													
Strawberry Mousse	■													
Yoghurt	■													

ALLERGEN MATRIX														
Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 2 Monday														
Tuna Pasta Bake														
Cheesy Topped Pasta														
Tuscan Bean, Sweet Potato, Spinach & Chickpea Curry														
Wholemeal Garlic & Herb Focaccia														
Sweetcorn														
Cauliflower														
Jacket Potato														
Apple Flapjack														
Yoghurt														
Week 2 Tuesday														
Sausage & Herb Roll														
Soy Mince with Potato Topping														
Mashed Potato														
Baked Beans														
Peas														
Jacket Potato														
Cherry & Coconut Sponge														
Custard (Fresh Milk)														
Yoghurt														

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 2 Wednesday														
Roast Beef														
Yorkshire Pudding	■		■								■			
Gravy												■		
Twice Baked Jackets	■													
Roast potatoes														
Cauliflower														
Broccoli														
Jacket Potato														
Fruit & Ice Cream	■													
Smoothie														
Yoghurt	■													
Week 2 Thursday														
Lemon, Thyme & Garlic Chicken														
Pea Pakora														
Pitta Pocket			■											
New Potatoes with Fresh Chives														
Yoghurt Slaw	■													
Carrots														
Jacket Potato														
Pears														
Homemade Chocolate Sauce	■													
Yoghurt	■													

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 2 Friday														
Fish Fingers 52855														
Lemon Mayonnaise														
Mixed Bean Wrap														
Chips														
Peas														
Baked Beans														
Jacket Potato														
Custard Cream Biscuit														
Yoghurt														

ALLERGEN MATRIX														
Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 3 Monday														
Meaballs 89932														
Spaghetti			■											
Tarragon & Mushroon Sauce	■											■	■	
Tomato Sauce														
Vegetable Moussaka	■										■			
50/50 Rice														
Wholemeal Paprika & Herb Focaccia	■		■			■					■			
Mexicorn														
Mixed salad														
Jacket Potato														
Zesty Lime Cake			■								■			
Yoghurt	■													
Week 3 Tuesday														
Fruity Chicken Curry												■	■	
Caribbean Spiced Pasty			■								■			
BBQ Dip			■											■
Garlic & Herb Savoury Rice												■	■	
Grated Sweet Potato & Carrots with Poppy Seeds														
Broccoli														
Jacket Potato														
Yoghurt	■													

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 3 Wednesday														
Roast Pork														
Stuffing 3254			■											
Apple Sauce														
Gravy												■		
Courgette, Lentil & Tomato Crumble	■		■									■	■	
Roast Potatoes														
Seasonal cabbage														
Root Mash														
Jacket potato														
Creamy Rice Pudding with Fruit Couli	■													
Yoghurt	■													
Week 3 Thursday														
Italian Beef Pie	■													
Quorn & Vegetable Paella	■		■								■	■	■	
Herb Roasted Vegetables														
Mixed Salad														
Jacket Potato														
Gingerbread	■		■								■			
Custard (Fresh Milk)	■													
Yoghurt	■													

Menu Item	Milk	Fish	Gluten	Peanut	Tree Nuts	Soya	Sesame	Lupin	Shellfish	Molluscs	Egg	Sulphite	Celery	Mustard
Week 3 Friday														
Oven Baked Fillet of Fish 10620		■	■											
Mac N Cheese	■		■											■
Chips														
Crushed Minted Peas														
Mixed Salad														
Jacket Potato														
Peachy Pot	■													
Yoghurt	■													
Vegetable Bouillion												■	■	
Tuna Filling		■									■			■
Cheese Topping	■													
Tomato Base Sauce														
Gluten Free Sponge Mix (52774)	■										■			
Gluten Free Bread Mix (90104)														
Gluten Free Pasta (93114)														
Gluten Free Fishcake (55093)		■												
Gluten Free Spaghetti (57431)														