

WEEK 3

MONDAY	<p>Spaghetti Bolognese, Malted Baguette and salad Pasta and Bread contain gluten from wheat Pasta and Bread contains gluten from wheat</p> <p>Or Jacket Potato and Baked Beans</p> <p>Dessert-Apple sponge and cream Cake mix contains gluten from wheat, egg, milk, and soya cream contains dairy</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
TUESDAY	<p>Sausage in a bun with baked beans and salad Sausage contains gluten and milk Buns contain wheat</p> <p>Or Jacket Potato and Baked Beans</p> <p>Dessert- Flapjack Flapjack contains oats</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
WEDNESDAY	<p>Cottage pie with Vegetable Gravy contains soya</p> <p>Or Jacket Potato and Tuna Tuna contains Fish and Dairy, mustard and Egg</p> <p>Dessert- Angel delight Angel delight contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
THURSDAY	<p>Roast Pork , Roast Potatoes, Carrots and Swede puree , Peas and Gravy Roast Potatoes contain gluten from semolina Gravy contains soya</p> <p>Or Jacket Potato and Tuna Tuna contains Fish and Dairy, mustard and Egg</p> <p>Dessert- Fresh Fruit and yoghurt Yoghurt contains milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>
FRIDAY	<p>Fish Fingers and Chips with Baked Beans Fish contains gluten from wheat ,yeast and fish</p> <p>Or Jacket Potato and Cheese Cheese contains dairy</p> <p>Dessert- Frozen Yoghurts Frozen Yoghurts contain Milk</p>	<p>Healthy side serving eg carrot or pepper sticks, cucumber or bread</p>

Bread available every day (**contains gluten from wheat**)
 From January 2021, Desserts will vary to those stated