

## WEEK 2

<b>MONDAY</b>	<p>Pork Meatballs with tomato sauce and pasta and malted baguette</p> <p><b>Meatballs contain gluten from wheat and soya</b></p> <p><b>Pasta and Bread contains gluten from wheat</b></p> <p>Or Jacket Potato and cheese</p> <p><b>Cheese contains dairy</b></p> <p>Dessert-Carrot Cake</p> <p><b>Cake mix contains gluten from wheat, soya and egg</b></p>	<p>Healthy side</p> <p>servicing eg</p> <p>carrot or pepper sticks, cucumber or bread</p>
<b>TUESDAY</b>	<p>Homemade Pizza &amp; Salad</p> <p><b>Pizza base contains gluten from wheat and soya. Cheese contains dairy</b></p> <p>Or Jacket Potato and Baked Beans</p> <p>Dessert- Cheese and biscuits and fruit</p> <p><b>Cheese contains dairy</b></p> <p><b>Biscuits contain gluten from wheat and milk</b></p>	<p>Healthy side</p> <p>servicing eg</p> <p>carrot or pepper sticks, cucumber or bread</p>
<b>WEDNESDAY</b>	<p>Chicken Wrap &amp; salad</p> <p><b>Wraps contain wheat</b></p> <p>Or Jacket Potatoes and Baked Beans</p> <p>Dessert- ice cream cones</p> <p><b>Ice cream contains milk</b></p> <p><b>Cones contains gluten from wheat and soya</b></p>	<p>Healthy side</p> <p>servicing eg</p> <p>carrot or pepper sticks, cucumber or bread</p>
<b>THURSDAY</b>	<p>Roast Turkey, Roast Potatoes, Carrots, Sweetcorn, and Gravy</p> <p><b>Roast Potatoes contains gluten from semolina</b></p> <p><b>Gravy contains soya</b></p> <p>Or Jacket Potato and tuna</p> <p><b>Tuna contains Fish and Dairy, mustard and Egg</b></p> <p>Dessert-Fresh fruit and yoghurt</p> <p><b>Yoghurt contains milk</b></p>	<p>Healthy side</p> <p>servicing eg</p> <p>carrot or pepper sticks, cucumber or bread</p>
<b>FRIDAY</b>	<p>Battered fish and oven chips with Baked Beans</p> <p><b>Fish contains gluten from wheat and mustard and fish</b></p> <p>Or Jacket Potato and cheese</p> <p><b>Cheese contains dairy</b></p> <p>Dessert-Blueberry muffins</p> <p><b>Muffins contain gluten from wheat and egg</b></p>	<p>Healthy side</p> <p>servicing eg</p> <p>carrot or pepper sticks, cucumber or bread</p>

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