

## WEEK 1

<b>MONDAY</b>	<p>Spaghetti Bolognese, Malted Baguette and salad  <b>Pasta and Bread contain gluten from wheat</b>                      Or Jacket Potato and cheese  <b>Cheese contains dairy</b>                      Dessert- Fruit crumble and custard  <b>Crumble mix contains gluten from wheat ,egg, milk and soya . And custard contains milk</b></p>	<p>Healthy side                      serving eg                      carrot or                      pepper                      sticks,                      cucumber                      or bread</p>
<b>TUESDAY</b>	<p>Mild Chicken Curry with Rice and Naan Bread  <b>Curry sauce contains milk</b>  <b>Naan bread contains gluten from wheat and milk</b>                      Or Jacket Potato and Baked Beans                        Dessert- Chocolate Brownie and Milk  <b>Cake mix contains gluten from wheat, egg, milk, and soya</b></p>	<p>Healthy side                      serving eg                      carrot or                      pepper                      sticks,                      cucumber                      or bread</p>
<b>WEDNESDAY</b>	<p>Sausage , mashed potato, vegetables and gravy  <b>Sausage contains gluten and milk</b>  <b>Gravy contains soya</b>                      Or Jacket Potato and tuna  <b>Tuna contains Fish and Dairy, mustard and Egg</b>                      Dessert- Peaches and ice cream  <b>Ice cream contains milk</b></p>	<p>Healthy side                      serving eg                      carrot or                      pepper                      sticks,                      cucumber                      or bread</p>
<b>THURSDAY</b>	<p>Roast Beef, Yorkshire pudding, Roast potatoes, Carrots, and Sweetcorn and Gravy  <b>Roast Potato contains gluten from semolina</b>  <b>Yorkshire puddings contain gluten from wheat flour, egg and milk</b> Gravy contains soya                      Or Jacket Potato and cheese  <b>Cheese contains milk</b>                      Dessert- Fresh Fruit and Yoghurts  <b>Yoghurts contain milk</b></p>	<p>Healthy side                      serving eg                      carrot or                      pepper                      sticks,                      cucumber                      or bread</p>
<b>FRIDAY</b>	<p>Breaded Salmon, potato waffles and beans  <b>Salmon contains gluten from wheat and fish</b>                      Or Jacket Potato and cheese  <b>Cheese contains dairy</b>                      Dessert- chocolate cake and milk  <b>Cake mix contains gluten from wheat, egg, and milk</b></p>	<p>Healthy side                      serving eg                      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