

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Fish Pie (F,D)	Beef Cannelloni & Garlic bread (D,G)	Lemon & Thyme Chicken Breast, New Potatoes, Carrots, Broccoli	Mixed Bean Hotpot & Rice	Chicken & Pea risotto
<b>Dessert</b>	Flapjack (G)	Eton Mess (D,E)	Chocolate & Beetroot sponge (D,G,E)	Lime Tart (E,G)	Raspberry Bavarois (mousse on a sponge base) (D,E,G)
<b>Tea Time</b>	Stuffed Jacket (D)	Bagel with smoked trout & Cream Cheese (G,D,F)	Cheese or Ham Salad (D)	Tomato & Basil Pasta (G)	Wraps (G,D)
<b>Tea Treat</b>	Fruit or Yogurt (D)	Fruit or Yogurt (D)	Fruit or Yogurt (D)	Fruit or Yogurt (D)	Fruit or Yogurt (D)

Key	S = Soya	F = Fish	N = Nuts	G = Gluten/Wheat
D = Dairy	L = Lupin	P = Peanuts	CR = Crustaceans	MO = Molluscs
SD = Sulphur Dioxide	SS = Sesame Seeds	E = Eggs	Mu = Mustard	C = Celery