

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Salmon Pasta (G,F)	Pork & Pepper Stir Fri New Pots, Cabbage	Chicken, Roasted News, carrot, Asparagus, Peas, Gravy	White Fish & Spinach Pie with Cheese Sauce, Roasted Med Veg (D,F)	100% Chicken Breast in a Brioche bun, with Coleslaw and wedges (G)
Dessert	Sticky Toffee Pudding (D,E,G)	Lemon Tart (D,G,E)	Apple & Raspberry Crumble	Chocolate Sponge & Sauce (D,G,E)	Jam Sponge Tart (D,G,E)
Tea Time	Chicken & Lemon Cous Cous (G)	Wraps (D,G)	Smoked mackerel Muffin (E,F,G)	Pizza (D,G)	Cheese & Marmite Puffs (G,D)
Tea Treat	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