



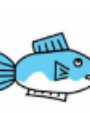











Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Day	Picnic Time	Roast Dinner	Mighty Mince	Fish Friday
Pasta Tomato Sauce Cheese Salad	Breads Ham/cheese/tuna/ vegan slices Cucumber, Carrot Sticks	Roast Gammon or Roasted Cauliflower with a chickpea crumb Roast Potatoes Broccoli Gravy	Minced Beef or Lentils in a tasty sauce Rice Carrots	Fish Fingers/ Fish Cakes / Large Fish Baby Potatoes Peas
Fruit Salad & Plain Yoghurt	Raisins, Yoghurt School baked flapjack	Satsumas	Bananas	Fruit Yoghurts

*All of our ingredients are sourced locally from independent businesses (butcher, baker, greengrocer).
Our local bigger store is there to help with the extras.*

ITEMS CONTAINING ALLERGENS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide

Gravy		X											X	
Fish Fingers		X			X									
Fish Cakes		X		X	X									
Fish in Breadcrumbs/ batter		X			X									
Wheat Pasta		X												
Flapjacks		X					X							
Gingerbread		X					X							
Wraps, Pitta, Bagel, Bread		X												
Butter							X							
Cheese							X							
Yoghurt							X							

Gluten Free, Dairy Free, Meat Free, Soya Free Available Every Day, when required.