

**WEEK 1 – MAIN SCHOOL**

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| [Image result for beef taco](https://www.google.co.uk/imgres?imgurl=http://redcookbook.net/wp-content/uploads/images/Taco_Beef_15274.jpg&imgrefurl=http://redcookbook.net/taco-beef/&docid=DgVdo579_XUxLM&tbnid=NI4bi4ugNP6RWM:&vet=1&w=400&h=300&bih=985&biw=1920&q=beef%20taco&ved=0ahUKEwjTpMCu9aPSAhVGBMAKHQnlDI8QMwhEKCAwIA&iact=mrc&uact=8)  **Beef Tortilla/Taco[[1]](#footnote-1)**  [Image result for cheese & onion Pasty](https://www.google.co.uk/imgres?imgurl=http://static.hotukdeals.com/images/threads/high-res/1738443_1.jpg&imgrefurl=http://www.hotukdeals.com/deals/local-deal-sheffield-cooplands-cheese-onion-pasties-2-for-1-1738443&docid=5epKcIcUuf-QcM&tbnid=hYgEz7bdLYYbHM:&vet=1&w=220&h=220&bih=985&biw=1920&q=cheese%20%26%20onion%20Pasty&ved=0ahUKEwjoneuLnabSAhWFDcAKHcxuCxUQMwhKKCYwJg&iact=mrc&uact=8)  **Cheese & Onion Pasty[[2]](#footnote-2)**  [http://tse1.mm.bing.net/th?&id=OIP.M3ac28cfe7d8a62f34e2c8e593d88cd15o0&w=297&h=196&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=jacket+potasto+wedges+images&view=detailv2&&id=1284A929FE46D8FCE8DEDB42B04C1A28D881A004&selectedIndex=17&ccid=OsKM/n2K&simid=608008353427296010&thid=OIP.M3ac28cfe7d8a62f34e2c8e593d88cd15o0)  **Potato Wedges**  [Image result for sweetcorn images](https://www.google.co.uk/imgres?imgurl=http://img.aws.livestrongcdn.com/ls-article-image-400/cme/cme_public_images/www_livestrong_com/photos.demandstudios.com/getty/article/83/171/178808197_XS.jpg&imgrefurl=http://www.livestrong.com/article/467848-benefits-and-side-effects-of-canned-sweet-corn/&docid=U2Ald8kdUKvuoM&tbnid=jz6JOfnJpfBbPM:&vet=1&w=400&h=276&bih=985&biw=1920&q=sweetcorn%20images&ved=0ahUKEwj2za_zl6bSAhWLBsAKHWzcC1oQMwhDKBwwHA&iact=mrc&uact=8)**&**[Image result for garden peas images](https://www.google.co.uk/imgres?imgurl=https://thumbs.dreamstime.com/t/detail-fresh-garden-peas-white-ceramic-bowl-42714104.jpg&imgrefurl=https://www.dreamstime.com/stock-image-fresh-garden-peas-shiny-wet-bright-green-image30637901&docid=RkZ8rL5alioTmM&tbnid=ejlNIGLCCppeQM:&vet=1&w=240&h=160&bih=985&biw=1920&q=garden%20peas%20images&ved=0ahUKEwic6pGGmKbSAhWqK8AKHTR-ArYQMwhgKDkwOQ&iact=mrc&uact=8)  **Sweetcorn & Garden Peas**  [Image result for lettuce , toMATO, CUCUMBER](https://www.bing.com/images/search?q=lettuce+,+toMATO,+CUCUMBER&view=detailv2&&id=A68E190ACCB69FB653336A3B43BDD5D4B42BC2D1&selectedIndex=1&ccid=e3mvLxyK&simid=607999080579531462&thid=OIP.M7b79af2f1c8a4999894e1190144422b4o0)  **Salad Tray**  Image result for BREAD  **Bread[[3]](#footnote-3)**  [Image result for jam & coconut sponge images](https://www.google.co.uk/imgres?imgurl=https://s-media-cache-ak0.pinimg.com/736x/cc/6a/7f/cc6a7f13d2040ef164888aa92cb9983a.jpg&imgrefurl=https://www.pinterest.com/scorpiodebbie/jam-and-coconut-sponge/&docid=2qxtmpCdE2Q1zM&tbnid=b34mfPDnmOQgAM:&vet=1&w=240&h=320&bih=985&biw=1920&q=jam%20%26%20coconut%20sponge%20images&ved=0ahUKEwjl3-2pmKbSAhWlD8AKHWVXA00QMwhRKC0wLQ&iact=mrc&uact=8)**&**[Image result for cUSTARD,](https://www.bing.com/images/search?q=cUSTARD,&view=detailv2&&id=757F5C1EE91B0E4A8A10670CCA8643138A4A7E44&selectedIndex=59&ccid=2rox7bV1&simid=608053622365227876&thid=OIP.Mdaba31edb57556aeb86f827129c8cd3bo0)  **Gluten Free Jam & Coconut Sponge[[4]](#footnote-4) with Custard[[5]](#footnote-5)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[6]](#footnote-6)**  [Image result for fresh fruit images](https://www.google.co.uk/imgres?imgurl=http://www.telegraph.co.uk/content/dam/science/2016/04/06/Fruit_3516458b-large_trans_NvBQzQNjv4BqM37qcIWR9CtrqmiMdQVx7DiRj15_n4gTif5oRS20m_8.jpg&imgrefurl=http://www.telegraph.co.uk/science/2016/04/06/daily-fresh-fruit-lowers-heart-death-risk-as-much-as-statins/&docid=8v_ruZiW5qJmcM&tbnid=kxlS27VXzIi5HM:&vet=1&w=619&h=387&bih=985&biw=1920&q=fresh%20fruit%20images&ved=0ahUKEwiquIeg7qPSAhXmKMAKHUHeBYQ4ZBAzCCIoIDAg&iact=mrc&uact=8)  **Fresh Fruit** |

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| [Image result for sausage rolls](https://www.google.co.uk/imgres?imgurl=http://cosmouk.cdnds.net/15/46/980x490/landscape-1447074591-sausage-rolls.jpg&imgrefurl=http://www.cosmopolitan.co.uk/entertainment/news/a39547/america-introduced-to-sausage-rolls/&docid=GgTQ68-S7jLqTM&tbnid=3JM2apf1p1XbWM:&vet=1&w=980&h=490&bih=985&biw=1920&q=sausage%20rolls&ved=0ahUKEwjVm7CvnqbSAhXHLMAKHVPNAmk4ZBAzCAooCDAI&iact=mrc&uact=8)  **Sausage Rolls[[18]](#footnote-18)**  [Image result for quorn meatballs](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiOorbcnqbSAhXGWhoKHYTVAjoQjRwIBw&url=https://www.pinterest.com/quornusa/quick-easy-quorn-meals/&bvm=bv.147448319,d.ZGg&psig=AFQjCNHGQ5ROTumwkDN86dTNCqnZXmVyFw&ust=1487940012866270)  **Quorn Meatballs[[19]](#footnote-19) with Tomato Sauce**  **[Image result for mashed potato](https://www.google.co.uk/imgres?imgurl=http://albertbartlett.co.uk/cms/MMGallery/Luxury-Mashed-Potatoes.jpg&imgrefurl=http://albertbartlett.co.uk/recipes/luxury-mashed-potatoes&docid=Ic93W0DWaM9_jM&tbnid=hIojX-rhmsrW_M:&vet=1&w=940&h=380&bih=985&biw=1920&q=mashed%20potato&ved=0ahUKEwiqv5OOn6bSAhUIAcAKHUsxB7kQMwhhKCgwKA&iact=mrc&uact=8)**  **Mashed Potatoes**  [Image result for peas and sweetcorn images](https://www.bing.com/images/search?view=detailV2&ccid=T2pW6Ko2&id=272303DBE862C840D285E503F26DC284A670BC04&thid=OIP.T2pW6Ko2Pfy38lkWI9w6XQHaEV&mediaurl=https://ih0.redbubble.net/image.3272943.9852/flat,1000x1000,075,f.jpg&exph=586&expw=1000&q=peas+and+sweetcorn+images&simid=607995543264693345&selectedIndex=0&cbir=sbi)  **Peas & Sweetcorn**  **[Image result for lettuce , toMATO, CUCUMBER](https://www.bing.com/images/search?q=lettuce+,+toMATO,+CUCUMBER&view=detailv2&&id=A68E190ACCB69FB653336A3B43BDD5D4B42BC2D1&selectedIndex=1&ccid=e3mvLxyK&simid=607999080579531462&thid=OIP.M7b79af2f1c8a4999894e1190144422b4o0)**  **Salad Tray**  **Image result for BREAD**  **Bread[[20]](#footnote-20)**  [Image result for rice pudding](https://www.bing.com/images/search?view=detailV2&ccid=E87/S5ra&id=05C4F03E8E924A938BA3F262ABE025FCD61DF78E&thid=OIP.E87_S5raUsBFiYsyzaLsNQHaFj&q=rice+pudding&simid=608022690989606805&selectedIndex=8)  **Rice Pudding [[21]](#footnote-21)**  **Image result for yEO vALLEY yOGHURT**  **Yoghurt[[22]](#footnote-22)**  **[Image result for fresh fruit images](https://www.google.co.uk/imgres?imgurl=http://www.telegraph.co.uk/content/dam/science/2016/04/06/Fruit_3516458b-large_trans_NvBQzQNjv4BqM37qcIWR9CtrqmiMdQVx7DiRj15_n4gTif5oRS20m_8.jpg&imgrefurl=http://www.telegraph.co.uk/science/2016/04/06/daily-fresh-fruit-lowers-heart-death-risk-as-much-as-statins/&docid=8v_ruZiW5qJmcM&tbnid=kxlS27VXzIi5HM:&vet=1&w=619&h=387&bih=985&biw=1920&q=fresh%20fruit%20images&ved=0ahUKEwiquIeg7qPSAhXmKMAKHUHeBYQ4ZBAzCCIoIDAg&iact=mrc&uact=8)**  **Fresh Fruit** |

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| [Image result for cod with sweet chili glaze](https://www.google.co.uk/imgres?imgurl=https://tkcookingdotcom.files.wordpress.com/2016/11/img_0007.jpg?w%3D329%26h%3D329%26crop%3D1&imgrefurl=https://tkcooking.com/2016/11/15/sweet-chili-glazed-cod-with-delicate-squash-jasmine-rice/&docid=j_dhEizl3HAfcM&tbnid=ABs0UE2zb7YXTM:&vet=1&w=329&h=329&bih=985&biw=1920&q=cod%20with%20sweet%20chilli%20glaze&ved=0ahUKEwjs0uLNo6bSAhXjKcAKHaWJCZUQMwg9KBYwFg&iact=mrc&uact=8)  **Salmon with Sweet Chilli Glaze[[23]](#footnote-23)**  [Image result for cheese & tomato omelette](https://www.google.co.uk/imgres?imgurl=http://www.eatsamazing.co.uk/wp-content/uploads/2016/11/Easy-cheese-and-tomato-omelette-muffins-recipe-with-free-printable-recipe-sheet-for-kids-from-Eats-Amazing-UK.jpg&imgrefurl=http://www.eatsamazing.co.uk/easy-recipes-for-kids/cheese-tomato-omelette-muffins&docid=HqfSkgzVX5OecM&tbnid=MH5rsNAUpwUt3M:&vet=1&w=600&h=429&bih=985&biw=1920&q=cheese%20%26%20tomato%20omelette&ved=0ahUKEwiA1bOCoKbSAhWLC8AKHUacASYQMwhMKCgwKA&iact=mrc&uact=8)  **Cheese & Tomato Omelette[[24]](#footnote-24)**  Image result for chips**&**Image result for new potatoes  **Chipped Potatoes & New Potatoes**  Image result for baked beans**&**Image result for garden poeas  **Baked Beans & Garden Peas**  [Image result for lettuce , toMATO, CUCUMBER](https://www.bing.com/images/search?q=lettuce+,+toMATO,+CUCUMBER&view=detailv2&&id=A68E190ACCB69FB653336A3B43BDD5D4B42BC2D1&selectedIndex=1&ccid=e3mvLxyK&simid=607999080579531462&thid=OIP.M7b79af2f1c8a4999894e1190144422b4o0)  **Salad Tray**  Image result for BREAD  **Bread[[25]](#footnote-25)**  [Image result for arctic roll](https://www.google.co.uk/imgres?imgurl=http://thetalentzone.co.uk/musictv/wp-content/uploads/2014/08/articrolls.png&imgrefurl=http://thetalentzone.co.uk/musictv/18525/rachel-allen-arctic-roll-recipe-on-rachel-allens-cake-diaries/&docid=Jkfg34-eYBsoHM&tbnid=FbonQ-teXVaF8M:&vet=1&w=570&h=262&bih=985&biw=1920&q=arctic%20roll%20&ved=0ahUKEwihqfvCoKbSAhULIMAKHc3rCs4QMwiYASheMF4&iact=mrc&uact=8)  **Arctic Roll[[26]](#footnote-26)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[27]](#footnote-27)**  [Image result for fresh fruit images](https://www.google.co.uk/imgres?imgurl=http://www.telegraph.co.uk/content/dam/science/2016/04/06/Fruit_3516458b-large_trans_NvBQzQNjv4BqM37qcIWR9CtrqmiMdQVx7DiRj15_n4gTif5oRS20m_8.jpg&imgrefurl=http://www.telegraph.co.uk/science/2016/04/06/daily-fresh-fruit-lowers-heart-death-risk-as-much-as-statins/&docid=8v_ruZiW5qJmcM&tbnid=kxlS27VXzIi5HM:&vet=1&w=619&h=387&bih=985&biw=1920&q=fresh%20fruit%20images&ved=0ahUKEwiquIeg7qPSAhXmKMAKHUHeBYQ4ZBAzCCIoIDAg&iact=mrc&uact=8)  **Fresh Fruit** |

**ALLERGEN INFORMATION**

1. **Contains Gluten (Wheat)** [↑](#footnote-ref-1)
2. **Contains Gluten (Wheat) & Milk** [↑](#footnote-ref-2)
3. **Contains Gluten (Wheat)** [↑](#footnote-ref-3)
4. **Contains Eggs** [↑](#footnote-ref-4)
5. **Contains Milk** [↑](#footnote-ref-5)
6. **Contains Milk** [↑](#footnote-ref-6)
7. **Contains Soya Bean** [↑](#footnote-ref-7)
8. **Contains Eggs & Celery** [↑](#footnote-ref-8)
9. **Contains Gluten (Wheat)** [↑](#footnote-ref-9)
10. **Contains Gluten (Wheat)** [↑](#footnote-ref-10)
11. **Contains Eggs & Milk** [↑](#footnote-ref-11)
12. **Contains Milk** [↑](#footnote-ref-12)
13. **Contains Eggs, Milk & Gluten (Wheat)** [↑](#footnote-ref-13)
14. **Contains & Gluten (Wheat)** [↑](#footnote-ref-14)
15. **Contains Gluten (Wheat)** [↑](#footnote-ref-15)
16. **Contains Milk** [↑](#footnote-ref-16)
17. **Contains Milk** [↑](#footnote-ref-17)
18. **Contains Gluten (Wheat)** [↑](#footnote-ref-18)
19. **Contains Eggs** [↑](#footnote-ref-19)
20. **Contains Gluten (Wheat)** [↑](#footnote-ref-20)
21. **Contains Milk** [↑](#footnote-ref-21)
22. **Contains Milk** [↑](#footnote-ref-22)
23. **Contains Fish** [↑](#footnote-ref-23)
24. **Contains Eggs** [↑](#footnote-ref-24)
25. **Contains Gluten (Wheat) & Soya Bean** [↑](#footnote-ref-25)
26. **Contains Gluten (Wheat), Eggs & Milk** [↑](#footnote-ref-26)
27. **Contains Milk** [↑](#footnote-ref-27)