   

MAIN SCHOOL

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| Mon  |
| Image result for Classic Hamburger**Reduced Fat Beef Burgers in a Bap[[1]](#footnote-1) (Gluten Free Roll Available on Request)**Image result for quorm pasta bolognaise**&****Vegetarian Ragu[[2]](#footnote-2) with Pasta (Gluten Free Pasta Available on Request)**Image result for herby potato wedges images**Potato Wedges**Image result for baked bean images**&** Image result for peas & sweetcorn images**Baked Beans & Garden Peas & Sweetcorn**See the source image**Reduced Fat Coleslaw[[3]](#footnote-3) & Salad Tray**Image result for bread**Bread[[4]](#footnote-4)**Image result for cinnamon & Raisin Cookies images**Gluten Free/Reduced Sugar Cinnamon & Raisin Cookie[[5]](#footnote-5)**Image result for yoghurts images**Yoghurt[[6]](#footnote-6)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Tue  |
| Image result for chicken curry  images**&**Image result for cooked basmati rice images**Chicken Curry of The Week[[7]](#footnote-7) with Basmati Rice**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\9A87C477.tmp**&**Image result for barbecue sauce**Quorn Vegan Nuggets with Barbeque Sauce[[8]](#footnote-8)**Image result for cooked new potatoes images**New Potatoes**Image result for cooked cauliflower floret images**&**Image result for green beans images**Cauliflower Florets & Green Beans**See the source image**Salad Tray**Image result for bread**Bread[[9]](#footnote-9)**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\F70E9BEC.tmp**&**Image result for custard images**Gluten Free Date Slice & Custard[[10]](#footnote-10)**Image result for yoghurts images**Yoghurt[[11]](#footnote-11)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Wed  |
| **C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\C09020B3.tmp&**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\8901FBF5.tmp**Roast Chicken Breast with Sage & Onion Stuffing Balls[[12]](#footnote-12)**Image result for vegetable Fried Rice**Vegetarian Fried Rice[[13]](#footnote-13)**Image result for roast potatoes**&** Image result for mashed potato images**Roast Potatoes[[14]](#footnote-14) & Mashed Potatoes[[15]](#footnote-15)**Image result for cooked sprouts  images**&**Image result for cooked baton Carrots  images**Brussel Sprouts & Baton Carrot** See the source image**Salad Tray**Image result for bread**Bread[[16]](#footnote-16)**Image result for banana muffin images**Gluten Free/Reduced Sugar Spiced Banana Muffins[[17]](#footnote-17)**Image result for yoghurts images**Yoghurt[[18]](#footnote-18)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Thu  |
| **C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\5933AC95.tmp****Beef Stew With Dumplings[[19]](#footnote-19) (Gluten Free Option Available on request)**Image result for macaroni & Tomato sauce**Macaroni[[20]](#footnote-20) with Tomato Sauce (Gluten Free alternative available)** Image result for Cauliflower Broccoli & Baby Carrots Images**Mixed Vegetables** See the source image **Salad Tray**Image result for bread**Bread[[21]](#footnote-21)**Image result for fruit crumble & Cream images**&**Image result for iced yoghurt images**Gluten Free/Reduced Sugar Fruit Crumble with Iced Cream[[22]](#footnote-22)**Image result for yoghurts images**Yoghurt[[23]](#footnote-23)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Fri  |
| Image result for cod in breadcrumbs images**Fish In Breadcrumbs[[24]](#footnote-24) (Gluten Free Option Available on Request)**Image result for vegetarian quiche images**Vegetarian Quiche[[25]](#footnote-25) (Gluten Free Option Available on Request[[26]](#footnote-26))**Image result for chips images**Chips**Image result for baked bean images**&**Image result for garden poeas**Baked Beans & Garden Peas**See the source image**Salad Tray**Image result for bread**Bread[[27]](#footnote-27)**Image result for fruit salad**Fruit Salad**Image result for yoghurts images**Yoghurt[[28]](#footnote-28)**Image result for fresh fruit images**Fresh Fruit**  |

**ALLERGEN INFORMATION**

1. **Contains (Gluten (Wheat)** [↑](#footnote-ref-1)
2. **Contains Gluten (Wheat) & Egg** [↑](#footnote-ref-2)
3. **Contains Eggs, Milk & Mustard** [↑](#footnote-ref-3)
4. **Contains Gluten (Wheat)** [↑](#footnote-ref-4)
5. **Contains Eggs** [↑](#footnote-ref-5)
6. **Contains Milk** [↑](#footnote-ref-6)
7. **Contains Mustard** [↑](#footnote-ref-7)
8. **Contains Soya Bean** [↑](#footnote-ref-8)
9. **Contains Gluten (Wheat)** [↑](#footnote-ref-9)
10. **Contains Milk** [↑](#footnote-ref-10)
11. **Contains Milk**  [↑](#footnote-ref-11)
12. **Contains Gluten (Wheat)** [↑](#footnote-ref-12)
13. **Contains Soya Bean** [↑](#footnote-ref-13)
14. **Contains Sulphites** [↑](#footnote-ref-14)
15. **Contains Sulphites** [↑](#footnote-ref-15)
16. **Contains Gluten (Wheat)** [↑](#footnote-ref-16)
17. **Contains Eggs** [↑](#footnote-ref-17)
18. **Contains Milk** [↑](#footnote-ref-18)
19. **Contains Gluten (Wheat)** [↑](#footnote-ref-19)
20. **Contains Gluten (Wheat)** [↑](#footnote-ref-20)
21. **Contains Gluten (Wheat)** [↑](#footnote-ref-21)
22. **Contains Milk** [↑](#footnote-ref-22)
23. **Contains Milk** [↑](#footnote-ref-23)
24. **Contains Gluten (Wheat)** [↑](#footnote-ref-24)
25. **Contains Gluten (Wheat), Milk, Eggs & Mustard** [↑](#footnote-ref-25)
26. **Contains Milk, Eggs & Mustard** [↑](#footnote-ref-26)
27. **Contains Gluten (Wheat)** [↑](#footnote-ref-27)
28. **Contains Milk** [↑](#footnote-ref-28)