   

MAIN SCHOOL

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| Mon  |
| Image result for pasta bolognaise **&** Image result for garlic bread images**Pasta Bolognaise[[1]](#footnote-1)(Gluten Free Pasta Available on Request) with Garlic Bread[[2]](#footnote-2)**See the source image**&** Image result for cooked new potatoes images**Vegetarian Sausage Rolls[[3]](#footnote-3) with New Potatoes[[4]](#footnote-4) and Gravy**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[[5]](#footnote-5)**Image result for strawberry mousse**Strawberry Mousse[[6]](#footnote-6)**Image result for yoghurts images**Yoghurt[[7]](#footnote-7)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Tue  |
| Image result for cumbrland sausage in gravy**Cumberland Sausage[[8]](#footnote-8) with Onion Gravy (Gluten Free Option Available on Request)**Image result for bean burgers images**Spiced Bean Burgers[[9]](#footnote-9) in a Bap[[10]](#footnote-10) With Tomato Salsa**Image result for mashed potato images**Mashed Potatoes**Image result for diced carrots images**&**Image result for cooked broccoli florets images**Diced Carrots & Broccoli Florets**See the source image**Salad Tray**Image result for bread**Bread[[11]](#footnote-11)**Image result for chocolate chip muffins images**Reduced Sugar/Gluten Free Chocolate Chip Muffins[[12]](#footnote-12)**Image result for yoghurts images**Yoghurt[[13]](#footnote-13)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Wed  |
| Image result for roAST porkimages**&**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\8901FBF5.tmp**with**Image result for apple sauce images**Roast Loin Of Pork with Sage & Onion Stuffing[[14]](#footnote-14) and Apple Sauce**See the source image**Vegetarian Cottage Pie**Image result for roast potatoes**&** Image result for Boiled White Potatoes**Roast Potatoes[[15]](#footnote-15) & Boiled Potatoes[[16]](#footnote-16)**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[[17]](#footnote-17)**Image result for fruit jelly images**Fruit Jelly**Image result for yoghurts images**Yoghurt[[18]](#footnote-18)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Thu  |
| Image result for green chicken curry images**&**See the source image**Thai Style Green Chicken Curry[[19]](#footnote-19) with Jasmine Rice**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\8C56A9CA.tmp**Macaroni Cheese[[20]](#footnote-20) (Gluten free Option Available[[21]](#footnote-21))**Image result for garden poeas**&**Image result for cooked baby carrotsimages**Garden Peas and Baby Carrots**See the source image **Salad Tray**Image result for bread**Bread[[22]](#footnote-22)**Image result for cherry sponge pudding images**Gluten Free/Reduced Sugar Cherry Sponge[[23]](#footnote-23) & Custard[[24]](#footnote-24)**Image result for yoghurts images**Yoghurt[[25]](#footnote-25)**Image result for fresh fruit images**Fresh Fruit** |

**ALLERGEN INFORMATION**



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| Fri  |
| Image result for teryaki salmon images**Baked Teryaki Salmon[[26]](#footnote-26)**C:\Users\john.healey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\6ED35DB9.tmp**&**Image result for parsley sauce images**Glamorgan Sausages[[27]](#footnote-27) with a Parsley Sauce[[28]](#footnote-28)**Image result for chips images**Chips**Image result for baked bean images**&**Image result for cooked broccoli florets images**Baked Beans & Broccoli Florets**See the source image**Salad Tray**Image result for bread**Bread[[29]](#footnote-29)**See the source image**Ice Cream Roll[[30]](#footnote-30)**Image result for yoghurts images**Yoghurt[[31]](#footnote-31)**Image result for fresh fruit images**Fresh Fruit**  |

**ALLERGEN INFORMATION**

1. **Contains Gluten (Wheat)** [↑](#footnote-ref-1)
2. **Contains Gluten (Wheat)** [↑](#footnote-ref-2)
3. **Contains Gluten (Wheat) & Eggs** [↑](#footnote-ref-3)
4. **Contains Sulphites** [↑](#footnote-ref-4)
5. **Contains Gluten (Wheat)** [↑](#footnote-ref-5)
6. **Contains Milk** [↑](#footnote-ref-6)
7. **Contains Milk** [↑](#footnote-ref-7)
8. **Contains Gluten (Wheat) & Sulphites** [↑](#footnote-ref-8)
9. **Contains Gluten (Wheat)** [↑](#footnote-ref-9)
10. **Contains Gluten (Wheat)** [↑](#footnote-ref-10)
11. **Contains Gluten (Wheat)** [↑](#footnote-ref-11)
12. **Contains Eggs & Milk** [↑](#footnote-ref-12)
13. **Contains Milk**  [↑](#footnote-ref-13)
14. **Contains Gluten (Wheat)** [↑](#footnote-ref-14)
15. **Contains Sulphites** [↑](#footnote-ref-15)
16. **Contains Sulphites** [↑](#footnote-ref-16)
17. **Contains Gluten (Wheat)** [↑](#footnote-ref-17)
18. **Contains Milk** [↑](#footnote-ref-18)
19. **Contains Fish**  [↑](#footnote-ref-19)
20. **Contains Gluten (Wheat), Milk & Mustard** [↑](#footnote-ref-20)
21. **Contains Milk & Mustard** [↑](#footnote-ref-21)
22. **Contains Gluten (Wheat)** [↑](#footnote-ref-22)
23. **Contains Eggs** [↑](#footnote-ref-23)
24. **Contains Milk** [↑](#footnote-ref-24)
25. **Contains Milk** [↑](#footnote-ref-25)
26. **Contains Soya Bean** [↑](#footnote-ref-26)
27. **Contains Gluten (Wheat) & Milk** [↑](#footnote-ref-27)
28. **Contains Milk** [↑](#footnote-ref-28)
29. **Contains Gluten (Wheat)** [↑](#footnote-ref-29)
30. **Contains Eggs, Milk & Gluten (Wheat)** [↑](#footnote-ref-30)
31. **Contains Milk** [↑](#footnote-ref-31)