[](https://www.bing.com/images/search?view=detailV2&ccid=X4xBSUqx&id=EC0E968923EB714D5ED846EA73B8C90535D52507&thid=OIP.X4xBSUqxco0QaYBpltQRCAHaGQ&mediaurl=http%3a%2f%2fworldartsme.com%2fimages%2fhealthy-choices-clipart-1.jpg&exph=1689&expw=2000&q=healthy+choices+images&simid=608010902282701630&selectedIndex=10) [](https://www.bing.com/images/search?view=detailV2&ccid=az6CIQjh&id=CECE2EB61D49E46ADBF61F5C0AF39B4B1BD7DD1D&thid=OIP.az6CIQjh42pCRDqeOQ3d9QHaC2&mediaurl=http%3a%2f%2fwww.co.dakota.mn.us%2fHealthFamily%2fHealthyLiving%2fDietNutrition%2fPublishingImages%2fSmartChoices.gif&exph=676&expw=1751&q=healthy+choices+images&simid=608026394168987492&selectedIndex=2) [](https://www.bing.com/images/search?view=detailV2&ccid=FvecUPOw&id=221828A3A5AAA81246077D420B2B008E5AE4C5E4&thid=OIP.FvecUPOwu0OfSeOYX3jKIQHaFB&mediaurl=http%3a%2f%2fwww.clipartkid.com%2fimages%2f547%2f13216641-cartoon-of-lazy-overweight-man-with-junk-food-PAoO2a-clipart.jpg&exph=813&expw=1200&q=healthy+choices+images&simid=608028339807849017&selectedIndex=136) 

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| [Image result for pasta bolognaise](https://www.bing.com/images/search?view=detailV2&ccid=bYX4ras%2f&id=C4070D796D5CB8047B1895C5A39E84FF73335530&thid=OIP.bYX4ras_qKKWBDWMX5qW6wHaE7&mediaurl=http%3a%2f%2fww4.hdnux.com%2fphotos%2f66%2f61%2f24%2f14357763%2f4%2f920x920.jpg&exph=613&expw=920&q=pasta+bolognaise&simid=608023998410589737&selectedIndex=173) **&** [Image result for garlic bread images](https://www.bing.com/images/search?view=detailV2&ccid=9427CeXc&id=4CAB31615292092F15A3738F5FA90F0AD0F62CC5&thid=OIP.9427CeXc8r5MHazE7ZNDFQHaE8&mediaurl=https%3a%2f%2fwww.theanthonykitchen.com%2fwp-content%2fuploads%2f2017%2f02%2fGarlic-Bread-1.jpg&exph=4000&expw=6000&q=garlic+bread+images&simid=608024689126344717&selectedIndex=7)  **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](https://www.bing.com/images/search?view=detailV2&ccid=sV5ItokM&id=ED01FE4A1F80CCB7147AC8E7629EF323B921C3F6&thid=OIP.sV5ItokMWlT5kJAYj1OnfQHaHa&mediaurl=http%3a%2f%2fhub.suttons.co.uk%2fwp-content%2fuploads%2f2015%2f10%2fCooked-Potatoes.jpg&exph=720&expw=720&q=cooked+new+potatoes+images&simid=608049870534413320&selectedIndex=2)  **Vegetarian Sausage Rolls[[3]](#footnote-3) with New Potatoes[[4]](#footnote-4) and Gravy**  [Image result for baked bean images](https://www.bing.com/images/search?view=detailV2&ccid=e%2fhj4Gfp&id=E4B8D2EBE2D9C1D06F32F9A6E9869A346D3F397F&thid=OIP.e_hj4GfpnO0X-nFze0nl7gHaE6&mediaurl=http%3a%2f%2fsimply-bbq.com%2fwp-content%2fuploads%2f2017%2f01%2fBaked-Beans.jpg&exph=2848&expw=4288&q=baked+bean+images&simid=607991467553786142&selectedIndex=10)**&** Image result for garden poeas  **Baked Beans & Garden Peas**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[5]](#footnote-5)**  [Image result for strawberry mousse](https://www.bing.com/images/search?view=detailV2&ccid=wu4oomxJ&id=735F132843BE26808132BE130503C36D9E972BEC&thid=OIP.wu4oomxJzIM58_bfeuVOFQHaKm&mediaurl=http%3a%2f%2fcdn.rubiesandradishes.com%2fwp-content%2fuploads%2f2016%2f02%2f191-paleo-strawberry-mousse-4WM-715x1024.jpg&exph=1024&expw=715&q=strawberry+mousse&simid=607998524955492655&selectedIndex=12)  **Strawberry Mousse[[6]](#footnote-6)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[7]](#footnote-7)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

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| [Image result for cumbrland sausage in gravy](https://www.bing.com/images/search?view=detailV2&ccid=Wig4dsva&id=48582A5A5C98553F194D9DE09299484CBF0ABD89&thid=OIP.Wig4dsvayVuewS2I5S_UqAHaFj&mediaurl=https%3a%2f%2fi.pinimg.com%2f736x%2ff1%2f85%2f61%2ff185619e5a17a81d9d6fca6a778f7a5f--london-city-cumberland-sausage.jpg&exph=552&expw=736&q=cumbrland+sausage+in+gravy&simid=608005486369311159&selectedIndex=0)  **Cumberland Sausage[[8]](#footnote-8) with Onion Gravy (Gluten Free Option Available on Request)**  [Image result for bean burgers images](https://www.bing.com/images/search?view=detailV2&ccid=Wceswl8G&id=D4EC7F9F2B5943AEB124E8D11126B3F7C35B8039&thid=OIP.Wceswl8G2875lOISMAsaFQHaE7&mediaurl=https%3a%2f%2fwww.oatandsesame.com%2fwp-content%2fuploads%2f2017%2f10%2fSouthwest-Black-Bean-Burger.jpg&exph=682&expw=1024&q=bean+burgers+images&simid=608013973237075493&selectedIndex=9)  **Spiced Bean Burgers[[9]](#footnote-9) in a Bap[[10]](#footnote-10) With Tomato Salsa**  [Image result for mashed potato images](https://www.bing.com/images/search?view=detailV2&ccid=sEvmGW5v&id=C4DD7CE0AFCAC4EF52F21DD63E43256C29F50EF1&thid=OIP.sEvmGW5vwCexYlXyTY72gwHaE8&mediaurl=http%3a%2f%2fcdn.taste.com.au%2fimages%2frecipes%2fsfi%2f2004%2f06%2f7752.jpg&exph=2000&expw=3000&q=mashed+potato+images&simid=608041207581970142&selectedIndex=0)  **Mashed Potatoes**  [Image result for diced carrots images](https://www.bing.com/images/search?view=detailV2&ccid=q%2buNE6RV&id=A435E6D95DE11A2803BABAC8570C2EDD6B1C0BC9&thid=OIP.q-uNE6RVTrdFGZVw0GI4LQHaE6&mediaurl=http%3a%2f%2fhillshomemarket.com%2fwp-content%2fuploads%2f2013%2f03%2fOrganic-Diced-Carrots-Product-Detail-Page.jpg&exph=332&expw=500&q=diced+carrots+images&simid=607991179796614188&selectedIndex=2)**&**[Image result for cooked broccoli florets images](https://www.bing.com/images/search?view=detailV2&ccid=ekuytIFU&id=05B13F47DE97E83E0E60311E990D48D15B855DEC&thid=OIP.ekuytIFUNaToZF18OlbHRwHaE7&mediaurl=http%3a%2f%2fassets.simplyrecipes.com%2fwp-content%2fuploads%2f2006%2f01%2fsteamed-broccoli-horiz-b-2000.jpg&exph=1333&expw=2000&q=cooked+broccoli+florets+images&simid=608015652559914384&selectedIndex=1)  **Diced Carrots & Broccoli Florets**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[11]](#footnote-11)**  [Image result for chocolate chip muffins images](https://www.bing.com/images/search?view=detailV2&ccid=%2fbdn0dQr&id=2868E59B4BD6422720835960D3BEE06790FC4CE7&thid=OIP._bdn0dQrfObX6t0hej5TtQHaFj&mediaurl=http%3a%2f%2fwww.eating-for-england.com%2fwordpress%2fwp-content%2fuploads%2f2011%2f04%2f076.jpg&exph=2304&expw=3072&q=chocolate+chip+muffins+images&simid=608046975691522809&selectedIndex=7)  **Reduced Sugar/Gluten Free Chocolate Chip Muffins[[12]](#footnote-12)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[13]](#footnote-13)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

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| [Image result for green chicken curry images](https://www.bing.com/images/search?view=detailV2&ccid=mq%2ft1aQ7&id=313DEC4A00B37195BA29EC535CC4655C4BEFBEE6&thid=OIP.mq_t1aQ72HtoXngV1IXyNQHaLH&mediaurl=https%3a%2f%2frasamalaysia.com%2fwp-content%2fuploads%2f2019%2f02%2fgreen_curry1.jpg&exph=900&expw=600&q=green+chicken+curry+images&simid=608000745453849204&selectedIndex=10&qpvt=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](https://www.bing.com/images/search?view=detailV2&ccid=gwJlErWc&id=CAD6657FFAFD1CD7769F4DE6C7CA768908FBE831&thid=OIP.gwJlErWcBc3pu0jevQxNpwHaFs&mediaurl=https%3a%2f%2ffthmb.tqn.com%2f6Dsemwk4Hl8-n4E2B0QYRS4f-0s%3d%2f1500x1155%2ffilters%3afill(auto%2c1)%2fglazed-carrots-1500-56a8b6113df78cf772a00701.jpg&exph=1155&expw=1500&q=cooked+baby+carrotsimages&simid=608047890559010281&selectedIndex=0)  **Garden Peas and Baby Carrots**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[22]](#footnote-22)**  [Image result for cherry sponge pudding images](https://www.bing.com/images/search?view=detailV2&ccid=htcFP34u&id=811FAF171113E5D0446FFB1534DD386F44B15C94&thid=OIP.htcFP34ufUlPFAM3PgqcrQHaGz&mediaurl=https%3a%2f%2fimg.photobucket.com%2falbums%2fv51%2fMarieAlice%2fA%2520Amazing%2520English%2520Kitchen%25202%2fSDC16739.jpg&exph=587&expw=639&q=cherry+sponge+pudding+images&simid=607988302946961973&selectedIndex=39)  **Gluten Free/Reduced Sugar Cherry Sponge[[23]](#footnote-23) & Custard[[24]](#footnote-24)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[25]](#footnote-25)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **Fresh Fruit** |

**ALLERGEN INFORMATION**

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| [Image result for teryaki salmon images](https://www.bing.com/images/search?view=detailV2&ccid=4HXaX7FV&id=D622637874CC818A08C149C4C91BEF1E8CE3FCF3&thid=OIP.4HXaX7FVkyn7PbBA9_9LYwHaEj&mediaurl=http%3a%2f%2f1.bp.blogspot.com%2f-0LgxUS5qW5Y%2fULSMh3v7KOI%2fAAAAAAAAAzM%2fS9dlrb6G27U%2fs1600%2fIMG_8065.JPG&exph=983&expw=1600&q=teryaki+salmon+images&simid=607988710192054776&selectedIndex=36)  **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](https://www.bing.com/images/search?view=detailV2&ccid=ZFr3%2f1tZ&id=D7CCEDD9059CACA656E6A79EDA1AE2F0856018F5&thid=OIP.ZFr3_1tZ6baonx-sNNhvcQHaHa&mediaurl=https%3a%2f%2fwww.aussie-true-blue-recipes.com%2fimages%2fParsleySauce.jpg&exph=296&expw=296&q=parsley+sauce+images&simid=607988002314716272&selectedIndex=6)  **Glamorgan Sausages[[27]](#footnote-27) with a Parsley Sauce[[28]](#footnote-28)**  [Image result for chips images](https://www.bing.com/images/search?view=detailV2&ccid=bjnZMgT1&id=52E4B059F43149D9C1752549C45DD413BABC2BFC&thid=OIP.6UCrSHQzSE0ofPSj_2l0jgHaE8&mediaurl=http%3a%2f%2fdeeschuckwagonweb.files.wordpress.com%2f2011%2f11%2fchips.jpeg&exph=600&expw=900&q=chips+images&simid=608015480743330348&selectedIndex=2)  **Chips**  [Image result for baked bean images](https://www.bing.com/images/search?view=detailV2&ccid=e%2fhj4Gfp&id=E4B8D2EBE2D9C1D06F32F9A6E9869A346D3F397F&thid=OIP.e_hj4GfpnO0X-nFze0nl7gHaE6&mediaurl=http%3a%2f%2fsimply-bbq.com%2fwp-content%2fuploads%2f2017%2f01%2fBaked-Beans.jpg&exph=2848&expw=4288&q=baked+bean+images&simid=607991467553786142&selectedIndex=10)**&**[Image result for cooked broccoli florets images](https://www.bing.com/images/search?view=detailV2&ccid=ekuytIFU&id=05B13F47DE97E83E0E60311E990D48D15B855DEC&thid=OIP.ekuytIFUNaToZF18OlbHRwHaE7&mediaurl=http%3a%2f%2fassets.simplyrecipes.com%2fwp-content%2fuploads%2f2006%2f01%2fsteamed-broccoli-horiz-b-2000.jpg&exph=1333&expw=2000&q=cooked+broccoli+florets+images&simid=608015652559914384&selectedIndex=1)  **Baked Beans & Broccoli Florets**  See the source image  **Salad Tray**  [Image result for bread](https://www.bing.com/images/search?view=detailV2&ccid=uihjRKIq&id=C4E23887071005BB4D8854481D97ACB41B38A68A&thid=OIP.uihjRKIqa57EHkCDLEreBwHaE7&mediaurl=http%3a%2f%2fwww.azhariahkamin.com%2fwp-content%2fuploads%2f2015%2f11%2fsliced-bread.jpg&exph=853&expw=1280&q=bread&simid=608008759121084633&selectedIndex=3)  **Bread[[29]](#footnote-29)**  See the source image  **Ice Cream Roll[[30]](#footnote-30)**  [Image result for yoghurts images](https://www.bing.com/images/search?view=detailV2&ccid=HaNoOXRi&id=E9CD58AD36E85C29197EAB17F9454AAE415B245C&thid=OIP.HaNoOXRi-RHziitVBAvsMwAAAA&mediaurl=http%3a%2f%2fwww.ecured.cu%2fimages%2f5%2f58%2fYogurt2.jpeg&exph=246&expw=205&q=yoghurts+images&simid=607990823300828934&selectedIndex=55)  **Yoghurt[[31]](#footnote-31)**  [Image result for fresh fruit images](https://www.bing.com/images/search?view=detailV2&ccid=bJWJMHoQ&id=3D187603DA6F8B49A1B35858E68EFA533A9F5EB2&thid=OIP.bJWJMHoQB81FpBNu43RMogHaEP&mediaurl=http%3a%2f%2fwww.pngpix.com%2fwp-content%2fuploads%2f2016%2f10%2fPNGPIX-COM-Fruits-PNG-Transparent-Image.png&exph=1077&expw=1880&q=fresh+fruit+images&simid=608032377119244976&selectedIndex=37)  **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)