

**WEEK 1 – MAIN SCHOOL**

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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  **Chipped 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)