

WEEK 1 – MAIN SCHOOL

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| [Image result for pizza pictures](http://www.google.co.uk/imgres?imgurl=http://www.giorgiospizza.com/wp-content/themes/dynamik/css/images/slider-img1.jpg&imgrefurl=http://www.giorgiospizza.com/&h=682&w=960&tbnid=3pzoY677KbWwsM:&docid=p_hXUlDU1E51MM&ei=mEroVYrOF6fd7QaFur7oDw&tbm=isch&ved=0CFsQMyg3MDdqFQoTCIr67uH72scCFadu2wodBZ0P_Q)  **Homemade Pepperoni Pizza[[1]](#footnote-1)**  [Image result for Quorn & Bean Bolognese Images](https://www.google.co.uk/imgres?imgurl=http://i1168.photobucket.com/albums/r500/twofatveggies/Recipes/DSCN1664_zps369cf478.jpg&imgrefurl=https://twofatvegetarians.wordpress.com/2014/07/01/mock-meat-tesco-soya-mince-bolognese-sauce/&docid=YthgqIKZwD1B1M&tbnid=-aSOvW0ctPev8M:&vet=1&w=640&h=480&bih=985&biw=1920&q=Quorn%20%26%20Bean%20Bolognese%20Images&ved=0ahUKEwj38rD_qqPSAhUnLcAKHRz-AN0QMwhbKDQwNA&iact=mrc&uact=8)**with**[http://tse1.mm.bing.net/th?&id=OIP.M8cced1f0bfab7f818d44d46dcf462394o0&w=300&h=225&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=whole+wheat+penne&view=detailv2&&id=2018E4078C15CB377902B2787BD723851349FE80&selectedIndex=3&ccid=jM7R8L%2br&simid=608026748771238521&thid=OIP.M8cced1f0bfab7f818d44d46dcf462394o0)  **Quorn & Bolognaise with Penne Pasta[[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)  **Jacket Wedges**  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[[3]](#footnote-3)**  Image result for PEACHES**&**Image result for VANILLAICE CREAM  **Fruit and Ice Cream [[4]](#footnote-4)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[5]](#footnote-5)**  [Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=531A89F275B75958E08C2E629E7CBCEA71ADCE06&selectedIndex=17&ccid=Pjnm0ae%2b&simid=608050929423221451&thid=OIP.M3e39e6d1a7be6b26dfb0b5ef3ac5a6a7o0)[Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=AC33FF4AE460E093B7862E998888236C94C48CF9&selectedIndex=2&ccid=HVYoqh/Z&simid=608042502702239725&thid=OIP.M1d5628aa1fd96b628073dbbf30e2a034o0)Image result for aPPLE sATSUMAS bANANAS  **Fresh Fruit** |

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| [Image result for Chicken Fajita Images](https://www.google.co.uk/imgres?imgurl=http://orsimages.unileversolutions.com/ORS_Images/Knorr_en-GB/Knorr_Chicken_Fajitas_Using_Mexican_Flavour_Pot_16_1.1.368_326X580.Jpeg&imgrefurl=http://www.dishmaps.com/chicken-fajitas/1888&docid=1bJpUl861Iw2VM&tbnid=3j3yNDUP-QXhAM:&vet=1&w=580&h=326&bih=985&biw=1920&q=Chicken%20Fajita%20Images&ved=0ahUKEwi9tPSvq6PSAhUFJcAKHYS7BwgQMwhUKC0wLQ&iact=mrc&uact=8)  **Fajita Chicken with Tortillas[[6]](#footnote-6)**  [Image result for quorn Sausages images](https://www.google.co.uk/imgres?imgurl=http://cdn.mytaste.org/i?u%3Dhttp://www.theslimmingfoodie.com/wp-content/uploads/2015/07/sausage-rolls-1-e1436981847765.jpg%26w%3D330%26h%3D270%26c%3D1&imgrefurl=http://www.mytaste.co.uk/s/quorn-sausage-rolls.html&docid=I2fSO8Ge63rauM&tbnid=8au9mwobAvBF2M:&w=330&h=270&bih=612&biw=1184&ved=0ahUKEwit9vualbLPAhVROMAKHX-ACB4QMwhTKC8wLw&iact=mrc&uact=8)**&**[Image result for quorn sausages & onion gravy images](https://www.google.co.uk/imgres?imgurl=https://s-media-cache-ak0.pinimg.com/736x/1b/b7/dd/1bb7ddae3f6176762e7772dbff2571b9.jpg&imgrefurl=https://uk.pinterest.com/explore/sausage-and-mash/&docid=NuNsxpkaSiSIGM&tbnid=oGcUDV_Enj10kM:&vet=1&w=480&h=360&itg=1&bih=985&biw=1920&q=quorn%20sausages%20%26%20onion%20gravy%20images&ved=0ahUKEwiIk8Deq6PSAhVlDMAKHTA_AkEQMwhPKCswKw&iact=mrc&uact=8)  **Braised Vegetarian Sausage with Onion Gravy[[7]](#footnote-7)**  Image result for new potatoes  **New Potatoes**  http://crisfieldpizzashoppe.com/images/bc/SaladsSides/Broccoli_Cauliflower_%20Carrots_Herb_Butter.jpg  **Cauliflower Broccoli & Baby Carrots & 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[[8]](#footnote-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 Syrup Sponge[[9]](#footnote-9) & Custard[[10]](#footnote-10)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[11]](#footnote-11)**  [Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=531A89F275B75958E08C2E629E7CBCEA71ADCE06&selectedIndex=17&ccid=Pjnm0ae%2b&simid=608050929423221451&thid=OIP.M3e39e6d1a7be6b26dfb0b5ef3ac5a6a7o0)[Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=AC33FF4AE460E093B7862E998888236C94C48CF9&selectedIndex=2&ccid=HVYoqh/Z&simid=608042502702239725&thid=OIP.M1d5628aa1fd96b628073dbbf30e2a034o0)Image result for aPPLE sATSUMAS bANANAS  **Fresh Fruit** |

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| [Image result for baked gammon images](https://www.google.co.uk/imgres?imgurl=http://prima.cdnds.net/assets/15/51/980x490/landscape-1433811282-glazed-baked-salmon.jpg&imgrefurl=http://www.prima.co.uk/all-recipes/news/a20440/baked-christmas-ham/&docid=B3Skl7Cl6_D5tM&tbnid=OdD7YlEVz3dd0M:&vet=1&w=980&h=490&bih=985&biw=1920&q=baked%20gammon%20images&ved=0ahUKEwiohN2wrKPSAhUFIcAKHb_VCP4QMwhXKDMwMw&iact=mrc&uact=8)  **Baked Gammon with Gravy**  [Image result for squash & chickpea curry images](https://www.google.co.uk/imgres?imgurl=http://www.thefullhelping.com/wp-content/uploads/2015/10/Golden-butternut-squash-and-chickpea-curry-8.jpg&imgrefurl=http://www.thefullhelping.com/menu-plan-monday-butternut-squash-and-chickpea-curry-quinoa-and-fennel-salad-delightfully-green-tahini-dressing-and-more/&docid=kKZgPjUCCCzMtM&tbnid=7ZVdirQuIvgnyM:&vet=1&w=600&h=388&bih=985&biw=1920&q=sqash%20%26%20chick%20pea%20curry%20images&ved=0ahUKEwikhurGrKPSAhWkC8AKHX_OAgIQMwhBKBowGg&iact=mrc&uact=8)  **Squash, Chick Pea and Spinach Curry[[12]](#footnote-12) with Rice and Naan Bread**  Image result for roast potatoes**&** Image result for mashed potato images  **Roast Potatoes & Mashed Potatoes**  [Cut Cabbage](https://www.bing.com/images/search?q=Cut+Cabbage&FORM=IRIBEP)**&**[Image result for diced carrots images](https://www.google.co.uk/imgres?imgurl=https://cdn.pixabay.com/photo/2016/03/10/07/40/carrots-1247964_960_720.jpg&imgrefurl=https://pixabay.com/en/carrots-carrot-diced-diced-carrots-1247964/&docid=VprD0hKbMWK3sM&tbnid=6ic2Z8zhlK6FDM:&vet=1&w=960&h=642&bih=985&biw=1920&q=diced%20caarrotsimages&ved=0ahUKEwiprqjfrKPSAhUlBMAKHZGBC1MQMwg9KBcwFw&iact=mrc&uact=8)  **Shredded Cabbage & Diced Carrots**  [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[[13]](#footnote-13)**  [Image result for fruit Jelly images](https://www.google.co.uk/imgres?imgurl=http://files.kidspot.co.nz/Jen_Cheung_2012/Fruit_and_jelly_cups/jelly.476.jpg&imgrefurl=http://www.kidspot.co.nz/recipes-article%2B3536%2B62%2BFamily-eating%2B8-fun-ways-with-fruit.htm&docid=-j18VTU5a07ZHM&tbnid=TCTKtxcQ_aJtIM:&vet=1&w=476&h=290&bih=985&biw=1920&q=fruit%20Jelly%20images&ved=0ahUKEwiOkuv7rKPSAhWELsAKHV85DUA4ZBAzCBgoFjAW&iact=mrc&uact=8)  **Seasonal Fruit with Jelly**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[14]](#footnote-14)**  [Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=531A89F275B75958E08C2E629E7CBCEA71ADCE06&selectedIndex=17&ccid=Pjnm0ae%2b&simid=608050929423221451&thid=OIP.M3e39e6d1a7be6b26dfb0b5ef3ac5a6a7o0)[Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=AC33FF4AE460E093B7862E998888236C94C48CF9&selectedIndex=2&ccid=HVYoqh/Z&simid=608042502702239725&thid=OIP.M1d5628aa1fd96b628073dbbf30e2a034o0)Image result for aPPLE sATSUMAS bANANAS  **Fresh Fruit** |

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| [Image result for lamb burgers images](https://www.google.co.uk/imgres?imgurl=https://kathskitchensync.files.wordpress.com/2012/06/lamb-burgers-off-grill.jpg&imgrefurl=https://kathskitchensync.wordpress.com/2012/06/30/greek-lamb-burgers/&docid=2Zsm_mze9W9n1M&tbnid=UfCeKF2-kpkB_M:&vet=1&w=3456&h=2304&bih=985&biw=1920&q=lamb%20burgers%20images&ved=0ahUKEwj-u7OpraPSAhWHBcAKHYuDCH8QMwhzKE8wTw&iact=mrc&uact=8)  **Beef Burgers and Onions**  [http://tse1.mm.bing.net/th?&id=OIP.Md5d70d98e3796c1440dd02489e043dbco0&w=300&h=165&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=quiche+images&view=detailv2&&id=F2A0336B2F8F87841D68859E1A0AD96F44A1744A&selectedIndex=43&ccid=1dcNmON5&simid=607991834986938644&thid=OIP.Md5d70d98e3796c1440dd02489e043dbco0)  **Vegetable Quiche[[15]](#footnote-15)**  Image result for new potatoes  **New Potatoes**  Image result for garden poeas**&** [Image result for sweetcorn images](https://www.google.co.uk/imgres?imgurl=http://pad1.whstatic.com/images/thumb/f/f1/Make-Green-Pepper-Stuffed-With-Sweetcorn-Step-1.jpg/aid935614-728px-Make-Green-Pepper-Stuffed-With-Sweetcorn-Step-1.jpg&imgrefurl=http://www.wikihow.com/Make-Green-Pepper-Stuffed-With-Sweetcorn&docid=azmk2xe4YYi40M&tbnid=3MJ46AY8Fwi0HM:&vet=1&w=728&h=485&bih=985&biw=1920&q=sweetcorn%20images&ved=0ahUKEwiG58XC7aPSAhUGC8AKHcUZCpkQMwhPKCswKw&iact=mrc&uact=8)  **Peas & Sweetcorn**  [http://tse1.mm.bing.net/th?&id=OIP.M394070c892f692eec1573e03b0d28283o0&w=299&h=199&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=colesalw+images&view=detailv2&&id=DE1AFC2C5CBFCA8E038BE750B812DC51C61E6FFC&selectedIndex=4&ccid=OUBwyJL2&simid=608048597274263590&thid=OIP.M394070c892f692eec1573e03b0d28283o0)**&** [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)  **Coleslaw and Salads[[16]](#footnote-16)**  Image result for BREAD  **Bread[[17]](#footnote-17)**  [Image result for fruit crum,ble](http://www.bing.com/images/search?q=fruit+crum,ble&view=detailv2&&id=5816D49CA61C92A1E43064DFD874CFD6040B6F22&selectedIndex=1&ccid=XRbAzE45&simid=607997384079377638&thid=OIP.M5d16c0cc4e39b7c338706439a721ba81o0)**&**[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 Cherry Goodie with Cream[[18]](#footnote-18)**  Image result for yEO vALLEY yOGHURT  **Yoghurts[[19]](#footnote-19)**  [Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=531A89F275B75958E08C2E629E7CBCEA71ADCE06&selectedIndex=17&ccid=Pjnm0ae%2b&simid=608050929423221451&thid=OIP.M3e39e6d1a7be6b26dfb0b5ef3ac5a6a7o0)[Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=AC33FF4AE460E093B7862E998888236C94C48CF9&selectedIndex=2&ccid=HVYoqh/Z&simid=608042502702239725&thid=OIP.M1d5628aa1fd96b628073dbbf30e2a034o0)Image result for aPPLE sATSUMAS bANANAS  **Fresh Fruit** |

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| Image result for fish fingers images  **Fish Fingers[[20]](#footnote-20)**  [Image result for JACKETR POATATO](https://www.bing.com/images/search?q=JACKETR+POATATO&view=detailv2&&id=F2706B4ABB51DC6F6537CCC70D074E07D7010757&selectedIndex=64&ccid=WOi/s6Li&simid=608004560962521628&thid=OIP.M58e8bfb3a2e2f63e919d233f0c08ec4do0)  **Baked Jacket Potato[[21]](#footnote-21)**  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  **Freshly Baked Bread[[22]](#footnote-22)**  [Image result for doughnuts images](https://www.bing.com/images/search?view=detailV2&ccid=xIR6fFHK&id=1AE25C72087A13F4E72809FA7ACA7F4C9B82609D&thid=OIP.xIR6fFHKth-e2Tdgc1TkSAHaF9&mediaurl=https://upload.wikimedia.org/wikipedia/commons/thumb/3/31/Jelly-Donut.jpg/1200px-Jelly-Donut.jpg&exph=966&expw=1200&q=doughnuts+images&simid=608012319459115165&selectedIndex=9)  **Doughnuts[[23]](#footnote-23)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[24]](#footnote-24)**  [Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=531A89F275B75958E08C2E629E7CBCEA71ADCE06&selectedIndex=17&ccid=Pjnm0ae%2b&simid=608050929423221451&thid=OIP.M3e39e6d1a7be6b26dfb0b5ef3ac5a6a7o0)[Image result for aPPLE sATSUMAS bANANAS](https://www.bing.com/images/search?q=aPPLE+sATSUMAS+bANANAS&view=detailv2&&id=AC33FF4AE460E093B7862E998888236C94C48CF9&selectedIndex=2&ccid=HVYoqh/Z&simid=608042502702239725&thid=OIP.M1d5628aa1fd96b628073dbbf30e2a034o0)Image result for aPPLE sATSUMAS bANANAS  **Fresh Fruit** |

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