

**WEEK 1 – MAIN SCHOOL**

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| [Image result for Breaded BBQ Chicken images](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiP56np7KPSAhXJtxQKHWrCBWsQjRwIBw&url=http://www.food.com/recipe/kentucky-fried-chicken-honey-bbq-chicken-strips-445985&psig=AFQjCNFYaiZhIVsrlDgWt11gf5QD6BtxPA&ust=1487857866322607) **&**[Image result for Boiled Rice images](https://www.google.co.uk/imgres?imgurl=https://pimg.tradeindia.com/01434798/b/1/Boiled-Rice.jpg&imgrefurl=https://www.tradeindia.com/burdwan/boiled-rice-city-228154.html&docid=wgz9U8W5AzL41M&tbnid=qHrQP6ZfZje5LM:&vet=1&w=250&h=250&bih=985&biw=1920&q=Boiled%20Rice%20images&ved=0ahUKEwiBo4Gh7aPSAhUsKcAKHTp9B1MQMwhLKCcwJw&iact=mrc&uact=8)  **Gluten Free Breaded Chicken Goujons[[1]](#footnote-1) with BBQ Sauce with Steamed Rice**  Image result for Tomato 7vegetable pasta  **Tomato Pasta[[2]](#footnote-2)**  Image result for baked beans**&** [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)  **Baked Beans & 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[[3]](#footnote-3)**  [Image result for chocolate mousse pictures](https://www.google.co.uk/imgres?imgurl=http://1.bp.blogspot.com/-lBPUCBe3YLs/UFZGta5oqiI/AAAAAAAABHo/BSY-BSsxVIE/s1600/Chocolate%2BMousse.JPG&imgrefurl=http://vegan-magic.blogspot.com/2012/09/chocolate-mousse-no-added-sugar.html&docid=NcwOexYfUe99RM&tbnid=1BAeQf8tBXUxCM:&vet=12ahUKEwiZiJ_H8M_aAhULJ8AKHbQ_DVw4ZBAzKEEwQXoECAAQQg..i&w=600&h=450&bih=985&biw=1920&q=chocolate%20mousse%20pictures&ved=2ahUKEwiZiJ_H8M_aAhULJ8AKHbQ_DVw4ZBAzKEEwQXoECAAQQg&iact=mrc&uact=8)  **Chocolate Mousse[[4]](#footnote-4)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[5]](#footnote-5)**  [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 Penne Bolognaise Pictures](https://www.bing.com/images/search?view=detailV2&ccid=ZMeQQuB1&id=98FF1D6A4CD6FD993E05C46A6A97006423FCE3F9&thid=OIP.ZMeQQuB1W71_-cny8fFffAHaE7&q=Penne+Bolognaise+Pictures&simid=608014955791450784&selectedIndex=1)  **Pasta Bolognaise[[6]](#footnote-6)**  [Image result for vegetarian sausage roll images](https://www.google.co.uk/imgres?imgurl=http://www.rebeccas-cakes.co.uk/wp-content/uploads/2012/03/Sausage-Rolls.jpg&imgrefurl=http://www.rebeccas-cakes.co.uk/seasonalcakes/sausage-rolls/&docid=QK1ykcukRaG9OM&tbnid=WH5Bn19UJfJiRM:&vet=1&w=500&h=333&bih=985&biw=1920&q=vegetarian%20sausage%20roll%20images&ved=0ahUKEwiq_-H57qPSAhWqLcAKHe6QCt0QMwh5KFUwVQ&iact=mrc&uact=8)  **Vegetarian Sausage Roll[[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**  [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 fruit cheesecake images](https://www.google.co.uk/imgres?imgurl=http://www.polyvore.com/cgi/img-thing?.out%3Djpg%26size%3Dl%26tid%3D1801104&imgrefurl=http://www.polyvore.com/english_cheesecake_company_summer_fruit/thing?id%3D1801104&docid=PHHwaZkgdB8gJM&tbnid=Md1g2mIyq_qZzM:&vet=1&w=300&h=300&bih=985&biw=1920&q=fruit%20cheesecake%20images&ved=0ahUKEwiJlruz76PSAhXqCsAKHRDqC14QMwhCKB4wHg&iact=mrc&uact=8)  **Fruit Cheesecake[[9]](#footnote-9)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[10]](#footnote-10)**  [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 rOAST tURKEY](https://www.bing.com/images/search?q=rOAST+tURKEY&view=detailv2&&id=72266EDCDFDDFC6AE8D44E4923E7F16FDF267A87&selectedIndex=27&ccid=V74PTInp&simid=608025340009843453&thid=OIP.M57be0f4c89e97516411ccb34d23f90cfo0) **&**[Image result for STUFFING bALLS](https://www.bing.com/images/search?q=STUFFING+bALLS&view=detailv2&&id=0CEE6E5188D654C5CF53247027F4FF3445BDDC4A&selectedIndex=26&ccid=/RUurcjT&simid=608044946544462139&thid=OIP.Mfd152eadc8d3d30d41c557357ffad547o0)  **Roast Turkey with Stuffing[[11]](#footnote-11) & Gravy**  [Image result for quorn roast images](https://www.google.co.uk/imgres?imgurl=https://www.brake.co.uk/_Images/57223_1.jpg?w%3D750%26format%3Djpg%26quality%3D75%26404%3D/images/no-image.jpg&imgrefurl=https://www.brake.co.uk/products/meal-solutions/meat-alternatives/other-meat-alternatives/other-meat-alternatives/f57223-quorn%C2%AE-roast-joint&docid=adESN-9wCNadQM&tbnid=coz1xL4L29_jnM:&vet=1&w=750&h=500&bih=985&biw=1920&q=quorn%20roast%20images&ved=0ahUKEwiZq_Hh76PSAhVOGsAKHfVlDU8QMwg4KBQwFA&iact=mrc&uact=8)  **Quorn Roast with Gravy[[12]](#footnote-12)**  Image result for roast potatoes**&**[Image result for steamed potatoes images](https://www.google.co.uk/imgres?imgurl=http://cremeroyale.com.au/wp-content/uploads/2012/11/steamed-potato11.jpg&imgrefurl=http://cremeroyale.com.au/category/simple-recipes/&docid=1MdCReKTytu_yM&tbnid=n5nD7xZ6t_X8-M:&vet=1&w=640&h=200&bih=985&biw=1920&q=steamed%20potatoes%20images&ved=0ahUKEwjO7bj_76PSAhWhD8AKHe4LAoQ4ZBAzCCcoJTAl&iact=mrc&uact=8)  **Roast Potatoes & Steamed Potatoes**  [Image result for diced carrot and swede images](https://www.google.co.uk/imgres?imgurl=https://emptynestfulltum.files.wordpress.com/2016/12/img_1553.jpg?w%3D840&imgrefurl=https://emptynestfulltum.com/tag/winter/&docid=Aud1BFN5J1ECyM&tbnid=lcD3LrIHItjzMM:&vet=1&w=840&h=630&bih=985&biw=1920&q=diced%20carrot%20and%20swede%20images&ved=0ahUKEwi_kZOZ8KPSAhUkJ8AKHZafBYIQMwiGAShiMGI&iact=mrc&uact=8) **&** [http://tse1.mm.bing.net/th?&id=OIP.M000dc7c2279c33e987ea131d39665216o0&w=300&h=159&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=sprouts+mages&view=detailv2&&id=BF611F956F6C551175DD020ACE8709D32F0C0488&selectedIndex=63&ccid=AA3Hwiec&simid=608047605131772181&thid=OIP.M000dc7c2279c33e987ea131d39665216o0)  **Diced Carrot & Swede & Brussel Sprouts**  [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 fresh fruit salad images](https://www.google.co.uk/imgres?imgurl=http://www.fauziaskitchenfun.com/sites/default/files/styles/recipe-main/public/wp-content/uploads/2012/04/fruitsalad.jpg?itok%3DyyxqhLV4&imgrefurl=http://www.fauziaskitchenfun.com/fresh-fruit-salad&docid=KtXii0ddCe6H7M&tbnid=9uSoAl8RiYeJcM:&vet=1&w=728&h=546&bih=985&biw=1920&q=fresh%20fruit%20salad%20images&ved=0ahUKEwiezdHz8KPSAhXCBcAKHUoEBHcQMwhpKEUwRQ&iact=mrc&uact=8)**&** Image result for VANILLAICE CREAM  **Fruit Salad and Ice Cream[[14]](#footnote-14)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[15]](#footnote-15)**  [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 Jamaican Jerk Chicken](https://www.bing.com/images/search?view=detailV2&ccid=%2bxvGraKl&id=DA9B8372C963173ABBB0D948257DD11E4438210C&thid=OIP.-xvGraKllLYwxE5-9LUlNAHaFj&q=Jamaican+Jerk+Chicken&simid=608005661457712660&selectedIndex=55)**&**[Image result for Boiled Rice images](https://www.google.co.uk/imgres?imgurl=https://pimg.tradeindia.com/01434798/b/1/Boiled-Rice.jpg&imgrefurl=https://www.tradeindia.com/burdwan/boiled-rice-city-228154.html&docid=wgz9U8W5AzL41M&tbnid=qHrQP6ZfZje5LM:&vet=1&w=250&h=250&bih=985&biw=1920&q=Boiled%20Rice%20images&ved=0ahUKEwiBo4Gh7aPSAhUsKcAKHTp9B1MQMwhLKCcwJw&iact=mrc&uact=8)  **Jamaican Chicken & Rice**  [Image result for veggie cottage pie images](https://www.google.co.uk/imgres?imgurl=https://144f2a3a2f948f23fc61-ca525f0a2beaec3e91ca498facd51f15.ssl.cf3.rackcdn.com/uploads/food_portal_data/recipes/recipe/hero_article_image/2106/compressed_VeggieCottagePies593x426.jpg&imgrefurl=https://recipes.sainsburys.co.uk/recipes/main-courses/veggie-cottage-pies&docid=MScib0rqs5jrOM&tbnid=kclJrMWvNxIr2M:&vet=1&w=593&h=426&bih=985&biw=1920&q=veggie%20cottage%20pieimages&ved=0ahUKEwi5kL-28aPSAhUCM8AKHeofBH8QMwhIKCEwIQ&iact=mrc&uact=8)  **Potato Topped Vegetable Pie[[16]](#footnote-16)**  [Image result for broccoli images](https://www.google.co.uk/imgres?imgurl=http://images.media-allrecipes.com/userphotos/250x250/00/96/90/969011.jpg&imgrefurl=http://allrecipes.com/recipes/1113/fruits-and-vegetables/vegetables/broccoli/&docid=Ze8Vp37Ty-DEeM&tbnid=PDMPY_5jM6n_mM:&vet=1&w=250&h=250&bih=985&biw=1920&q=broccoli%20images&ved=0ahUKEwjT3uvQ8aPSAhUsD8AKHUypDA4QMwiGAShhMGE&iact=mrc&uact=8) **&** [Image result for baby carrots images](https://www.google.co.uk/imgres?imgurl=https://lh3.googleusercontent.com/-TLMeOp_4cfw/TYumEKTrAfI/AAAAAAAAAdI/2w7r2X2pezo/s400/babycarrots.jpg&imgrefurl=http://www.mythirtyspot.com/baby-carrots-causing-cancer/&docid=QoaxbGdI5nVz1M&tbnid=o21kUCEvNZDSgM:&vet=1&w=300&h=350&bih=985&biw=1920&q=baby%20carrotsimages&ved=0ahUKEwiEuaTd8aPSAhXhAMAKHd5uCawQMwhCKBowGg&iact=mrc&uact=8)  **Broccoli Florets & Baby 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[[17]](#footnote-17)**  [Image result for gingerbread cake images](https://www.google.co.uk/imgres?imgurl=http://i1087.photobucket.com/albums/j465/tinnedtomatoes/TreacleGingerbreadLoaf.jpg&imgrefurl=http://www.tinnedtomatoes.com/2012/07/treacle-gingerbread-loaf.html&docid=rZnXybi5tVF2uM&tbnid=4mr13MQT5Ss3jM:&vet=1&w=1024&h=768&bih=985&biw=1920&q=gingerbread%20cake%20images&ved=0ahUKEwjFyeCD8qPSAhVNFMAKHTefCb8QMwhoKEQwRA&iact=mrc&uact=8)  **Gluten Free Gingercake[[18]](#footnote-18)**  Image result for yEO vALLEY yOGHURT  **Yoghurt[[19]](#footnote-19)**  [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 sausages  **Sausages[[20]](#footnote-20)**  [http://tse1.mm.bing.net/th?&id=OIP.Mc66141271afd61861c39b75476f4318bH0&w=300&h=199&c=0&pid=1.9&rs=0&p=0&r=0&url=http%3A%2F%2Fsortol.com%2Fgg%2F447424.htm](http://www.bing.com/images/search?q=macaroni+cheeseimages&view=detailv2&adlt=strict&id=ED8341FC95D890BCB93BF9754047306A27D265F7&selectedIndex=0&ccid=xmFBJxr9&simid=608008194506360219&thid=OIP.Mc66141271afd61861c39b75476f4318bH0)  **Macaroni Cheese[[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  **Bread[[22]](#footnote-22)**  [Image result for fruit flapjack images](https://www.bing.com/images/search?view=detailV2&ccid=1JQRqaXj&id=1148C45FF3978DBFA222118A81B8B427F7851385&thid=OIP.1JQRqaXj2CMFwpjqTgxEHwHaFj&mediaurl=http://1.bp.blogspot.com/_7UGWM3ld8ts/TJXh-Bnp7vI/AAAAAAAAAIM/4hgOhZ-sexE/s1600/flapjack.jpg&exph=375&expw=500&q=fruit+flapjack+images&simid=608034687640078838&selectedIndex=3)  **Gluten Free Fruit Flapjack**  **Yoghurt[[23]](#footnote-23)**  [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), Eggs & Milk** [↑](#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), Milk & Mustard** [↑](#footnote-ref-6)
7. **Contains Gluten ( Wheat) & Eggs** [↑](#footnote-ref-7)
8. **Contains Gluten (Wheat)** [↑](#footnote-ref-8)
9. **Contains Gluten (Wheat) & Milk**  [↑](#footnote-ref-9)
10. **Contains Milk** [↑](#footnote-ref-10)
11. **Contains Gluten (Wheat)** [↑](#footnote-ref-11)
12. **Contains Eggs** [↑](#footnote-ref-12)
13. **Contains Gluten (Wheat)** [↑](#footnote-ref-13)
14. **Contains Milk** [↑](#footnote-ref-14)
15. **Contains Milk** [↑](#footnote-ref-15)
16. **Contains Eggs** [↑](#footnote-ref-16)
17. **Contains Gluten (Wheat)**  [↑](#footnote-ref-17)
18. **Contains Eggs** [↑](#footnote-ref-18)
19. **Contains Milk** [↑](#footnote-ref-19)
20. **Contains Gluten (Wheat) & Milk** [↑](#footnote-ref-20)
21. **Contains Gluten (Wheat), Milk & Mustard** [↑](#footnote-ref-21)
22. **Contains Gluten (Wheat)** [↑](#footnote-ref-22)
23. **Contains Milk** [↑](#footnote-ref-23)