	:	Cereals containing gluten	Crustanceans	Eggs	Fish	Lupin	Milk (including lactose)	Molluscs, like mussels	Mustard	Nuts	Peanuts	Sesame Seeds	Soybeans	Sulphur dioxide/sulphites
Week 1					· ·									
Sweet and Sour Chicken	✓	1											1	
Sweet and Sour Veg	✓												1	
Jacket, cheese and beans							✓							
Egg Mayo sandwich		V		✓										
Mini Doughnuts		✓		1			1						✓	
Cottage Pie														
Quorn Cottage Pie		V		1										
Jacket, tuna mayo				1	✓									
Cheese and crackers		1			,		✓							
Apple Crumble custard		✓					1							
Roast chicken		✓		1			1							
Quorn fillet		✓												
Jacket, beans		ł												
Prawn sandwich		~	/	✓										
Chocolate chip cookie		✓					✓						V	
Sausage/mash		✓												1
Veggie Sausage/mash		✓		✓										
Jacket, chicken mayo				✓										
Ham roll		✓												
Sultana flapjack														
Cheeseburger		✓					✓							
Veggie burger		V											1	
Jacket with cheese							√							
Tuna mayo wrap		✓		✓	√									
Icecream							1							

	Celery including celeriac	Cereals containing gluten	Crustanceans	Eggs	Fish	Lupin	Milk including lactose	Molluscs, like mussels	Mustard	Nuts	Peanuts	Sesame Sees	Soybeans	Sulphur dioxide/sulphites
Week 2														
Beef chilli														
Quorn chilli		✓		<u> </u>										
Jacket, cheese							✓							
Ham sandwich		✓												
Blueberry muffin		✓		√			✓							
Bawburgh grill		✓												✓
Veggie grill		✓		✓										
Jacket, chilli														
Cheese sandwich		✓					✓							
Chocolate oat cake		✓					✓							
Roast Beef		✓		✓			✓							
Onion and G cheese tart		✓					✓							
Jacket, tuna mayo				✓	✓									
BLT roll		✓		✓										
Apple crumble cake		✓		✓										
Pork and Bean hotpot						,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,								
Veggie hotpot														
Jacket, chicken mayo				✓						<u> </u>		***************************************		
Cheese and crackers		✓					✓							
Bananas and custard				, , , , , , , , , , , , , , , , , , ,			✓							
Fish fingers		✓			√									
Veggie fingers		✓												
Jacket BBQ sausage		✓												✓
Chicken mayo sandwich		✓		√										
Raspberry jelly			,											

	Celery including celeriac	Cereals	Crustanceans	Eggs	Fish	Lupin	Milk including lactose	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soybeans	Sulphur dioxide/sulphites
Week 3														
Pasta bolognaise		✓												
Quorn pasta bolognaise		✓		✓										
Jacket, prawns			✓	✓										
Cheese roll		✓					✓							
Profiteroles		√		✓			✓						√	
Chicken korma							✓		√					
Veggie korma							✓		✓					
Jacket, cheese							✓							
Meatball sub		✓												
Chocolate sponge		✓		V										
Roast pork		✓		V			✓							:
Quorn fillet		✓										<u> </u>		
Jacket, beans														
Tomato soup		✓					√							
Pear sponge		✓		V										
Pastry topped pie		√										*** 1		
Veggie pastry pie		✓												
Jacket, coronation chicken				✓			√							
Egg mayo roll		√		√										
Fruit and yoghurt							√							
Chicken nuggets		✓												
Veggie nuggets		√												
Jacket, cheese and beans				T			1							
Ham sandwich		√		**************************************										√
Oaty fruit crunch		✓												