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|---------------------|----|-----------|-----|-----------|-----|--|
| Allergy Key: | | | | | | |
| Fish | F | Corn | C | Soya | S | No Sesame Seeds, Nuts or Peanuts are used in production of our food |
| Lupin | L | Gluten: | G | Mustard | M | |
| Crustacean/Mollusc | CM | Dairy: | D | Celery | Cel | |
| Eggs: | E | Pork: | P | Sulphites | Sul | |
| Pork | P | Sulphites | Sul | | | |

| WEEK 3 W/C 03-05 23-05 20-06 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|---|
| MAIN COURSE | | | | | |
| Protein | Homemade Italian Meatballs with Tomato & Basil Arrabbiata (G, D, E) | Cornfed Chicken Thighs with Homemade Piri Piri Marinade --- | Chinese style noodles with Turkey, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C) | Picnic Rolls with Ham & Cheese or Tuna with Lemon Mayo (G, D) | MSC Approved Fish Fingers (G,E,D) |
| Vegetables | --- | Corn on the Cob & Roasted Carrots ---- | --- | Cucumber, carrots & cherry tomato crudites --- | Mixed Seasonal Vegetables -- |
| Carbohydrate | Green Beans & Carrots ---- Pasta (G) | --- | Stir Fried Summer Vegetables | Bread Roll (G) | French Fries |
| VEGETARIAN OPTION | | | | | |
| Protein | Fresh Tomato, Olive, Caper & Basil with Cheese | Homemade Spiced Beanburger with Peppers (GF) | Chinese style noodles with Tofu, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C) | Picnic Rolls with Cheese & Egg fillings (G, D, E) | Vegetable Risotto Cakes |
| Vegetables | --- | Corn on the Cob & Roasted Carrots ---- | --- | Cucumber, carrots & cherry tomato crudites --- | Mixed Seasonal Vegetables -- |
| Carbohydrate | Green Beans & Carrots ---- Pasta (G) | --- | Stir Fried Summer Vegetables | Bread Roll (G) | French Fries |
| ALLERGEN/INTOLERANCE OPTION | | | | | |
| | Gluten Free Meatballs & Pasta | Gluten & Dairy Free Roll | Soya & Gluten Free Rice | Gluten & Dairy Free Rolls | Gluten, Egg & Dairy Free Fish Fingers |
| DESSERT | | | | | |
| | Fruit Yoghurt (D) Sugar-free Jellies | Homemade Oat Cookies (D, E, G) Sugar-free Jellies | Chocolate Rice Crispy Cake (D) Sugar-free Jellies | Fruit Jelly Sugar-free Jellies | Open Victoria Sponge Cake with Crème Chantilly (D, E, G) Sugar-free Jellies |