									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Monday 4 <sup>th</sup> September	Training Day														
(4 <sup>th</sup> -8 <sup>th</sup> September)	Tuesday 5 <sup>th</sup> September	Training Day														
Week 1 – (4 <sup>th</sup> -8 <sup>th</sup> S	Wednesday 6 <sup>th</sup> September	Gammon with new potatoes and peas Sweet potato and chickpea curry with rice and seasonal veg Jacket potato with cheese Ham salad roll with salad sticks Peaches and ice cream Yoghurt Fruit		✓					✓ ✓ ✓							
	Thursd ay 7 <sup>th</sup> Septem	Mild quorn chilli with rice and five bean salad Quorn tacos with rice and five bean salad		× x		✓										

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Jacket potato with baked beans and mixed salad Cream cheese and														
		cucumber bagel with salad sticks		✓					✓							
		Banana and custard Yoghurt							✓ ✓							
		Fruit														
		Fish and chips with mushy peas, bread and butter		<b>√</b>			х									
		Cheese and onion slice with chips mixed salad		<b>✓</b>					✓		х					
	nber	Jacket potato with a ham salad														
	epten	Cheese sandwich with salad sticks		✓					✓							
	, 8 <sup>th</sup> S	Chocolate crispie cake Yoghurt							✓ ✓							
	Friday 8 <sup>th</sup> September	Fruit														
' _ er)	ptember	Bacon with beans egg and hash brown				✓										
Week 2 – (11 <sup>th</sup> – 15 <sup>th</sup> September)		Quorn sausage with beans hash brown and egg		<b>√</b>		✓										
sk 2 Sep	ay 11 <sup>ti</sup>	Jacket potato with ham and mixed salad														
Wee	Monday 11 <sup>th</sup> Se	Egg and cress roll with salad sticks		✓		✓			✓							
	2	Chocolate surprise cake		✓		✓			✓							

								Aller	gens						
Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Yoghurt							<b>√</b>							
	Fruit														
	Quorn lasagne with five bean salad		✓		✓			✓							
Tuesday 12 <sup>th</sup> September	Veggie meatballs in tomato sauce with pasta and seasonal veg		✓		✓										
Septe	Jacket potato with ham and mixed salad														
12 <sup>th</sup>	Cheese and tomato roll with salad sticks		<b>✓</b>					✓							
ssday	Honey and oat biscuit with melon		<b>✓</b>					<b>✓</b>							
) T	Yoghurt							<b>✓</b>							
	Fruit														
_	Roast turkey, roast potatoes, seasonal vegetables and stuffing		<b>✓</b>												
empe	Sweet and sour Quorn with rice				х										
3th Septe	Jacket potato with coleslaw and mixed salad				<b>√</b>					<b>✓</b>					
Wednesday 13 <sup>th</sup> September	Chicken and sweetcorn sandwich with salad sticks		✓		✓					<b>✓</b>					
dp	Fruit salad and cream							✓							
We	Yoghurt							✓							
	Fruit														

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Hot dog with chips and salad sticks		х												
	ber	Quorn hot dog with chips and salad sticks		✓												
	ptem	Jacket potato with ham and mixed salad														
	4 <sup>th</sup> Se	Tuna and cucumber bagel with salad sticks		✓		<b>✓</b>	✓				✓					
	lay 1	Artic roll and fruit Yoghurt		<b>√</b>					✓ ✓							
	Thursday 14 <sup>th</sup> September	Fruit							•							
		Salmon fishcake with new potatoes and peas		<b>✓</b>			<b>✓</b>									
	ber	Quorn nuggets with new potatoes peas and tomato sauce		<b>~</b>												
	ptem	Jacket potato with baked beans mixed salad														
	Friday 15 <sup>th</sup> September	Ham salad sandwich with salad sticks		✓												
	ıy 1	Fruit jelly and ice cream							✓							
	rida	Yoghurt							✓							
	L	Fruit														
Week 3-	Monday 18 <sup>th</sup> Septem ber	Sausage and mash with baked beans		<b>✓</b>					✓						✓	
We %	Mor 18 Sep	Quorn sausage and mash with baked beans		✓												

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Jacket potato with beans and salad														
		Tuna and cucumber pasta with salad and veg sticks		<b>~</b>		<b>✓</b>	<b>✓</b>				<b>✓</b>					
		Peach and raspberry cobbler with custard		<b>✓</b>					✓							
		yoghurt							✓							
		fruit Ham and cheese pasta														
		bake mixed five bean salad		<b>✓</b>					<b>✓</b>							
	nber	Quorn paella with seasonal vegetables				<b>✓</b>										
	epter	Jacket potato with cheese and mixed salad							✓							
	uesday 19 <sup>th</sup> Septemb	Cream cheese and cucumber bagel with salad sticks		<b>~</b>					<b>✓</b>							
		Fruit salad and ice cream							✓							
		Yoghurt							✓							
		Fruit														
	ay 20th nber	Hot roast chicken baguette with onion rings and peas		<b>✓</b>												
	dnesday deptembe	Quorn mince shepherd's pie with seasonal veg and gravy				✓										
	Wec S	Jacket potato with tuna or cheese and mixed salad				<b>✓</b>	<b>✓</b>		✓		✓					

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Ham and cheese wrap with salad sticks Carrot cake		✓ ✓		<b>√</b>			✓ ✓							
		Yoghurt							<b>✓</b>							
		Fruit														
	_	Quorn bolognaise with pasta and sweetcorn		✓		✓										
	lst Septembe	Macaroni cheese with five bean salad		✓					✓							
	t Sept	Jacket potato with ham and mixed salad														
	Thursday 21st So	Cheese and tomato roll with salad sticks		✓					✓							
		Jelly and fruit Yoghurt							<b>✓</b>							
		Fruit														
		Ham pizza wedges with coleslaw		<b>✓</b>		Х			Х		х					
		Cheese pizza wedges with coleslaw		<b>✓</b>		Х			<b>✓</b>		х					
	ptem	Jacket potato with egg and mixed salad				✓										
	Friday 22 <sup>nd</sup> September	Bacon lettuce and tomato sandwich with salad sticks		✓												
	Friday	Cheese and crackers with grapes		✓					✓							
		Yoghurt							✓							
		Fruit														

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	ıber	Mince beef tacos with savoury rice and seasonal veg Quorn hotpot with		Х		,										
۱۲)	Monday 25th September	Jacket potato with cheese or tuna and mixed salad				✓	<b>√</b>		<b>✓</b>		<b>✓</b>					
29th September)	ıday 2	Tuna and cucumber salad with veg sticks		<b>✓</b>		<b>✓</b>	✓				✓					
epte	Mon	Shortbread biscuit and fruit		✓					х							
h S		Yoghurt fruit							✓							
- 29t		Chicken with mashed potato and seasonal veg														
(25th –	Tuesday 26th September	Quorn pieces in a mushroom sauce pasta seasonal veg		<b>✓</b>		<b>✓</b>			<b>✓</b>							
	h Sep	Jacket potato with cheese and mixed salad							<b>✓</b>							
Week 4 –	ıy 26t	Chicken and sweetcorn roll with salad sticks		✓		✓					✓					
5	_nesde	Fruit sponge and custard Yoghurt		<b>√</b>		✓			✓ ✓							
	Н	Fruit														
	Wed nesd ay	Gammon with new potatoes and peas														

								Aller	gens						
Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Sweet potato and chickpea curry with rice and seasonal veg														
	Jacket potato with cheese							✓							
	Ham salad roll with salad sticks		<b>✓</b>												
	Peaches and ice cream							✓							
	Yoghurt							✓							
	Fruit														
	Mild Quorn chilli with rice and five bean salad		<b>✓</b>		✓										
mber	Quorn tacos with rice and five bean salad														
Septe	Jacket potato with baked beans and mixed salad														
Thursday 28th September	Cream cheese and cucumber bagel with salad sticks		<b>✓</b>					<b>✓</b>							
eps	Banana and custard							✓							
Thur	Yoghurt							✓							
	Fruit														
9th ber	Fish and chips with mushy peas and bread butter		<b>✓</b>			х				Х					
Friday29th September	Cheese and onion slice with chips and mixed salad		<b>✓</b>					<b>√</b>		<b>√</b>					
	Jacket potato with ham salad														

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Cheese sandwich with salad sticks		<b>✓</b>					<b>✓</b>							
		Chocolate crispie cake Yoghurt		Х					X ✓							
		Fruit														
		Bacon with beans egg and hash brown				✓										
	Monday 2 <sup>nd</sup> October	Quorn sausage with beans hash brown and egg		<b>✓</b>		<b>✓</b>										
	/ 2 <sup>nd</sup> (	Jacket potato with ham and mixed salad														
6th October)	onday	Egg and cress roll with salad sticks		✓		✓			✓							
)ct	Š	Chocolate surprise cake		✓		✓			✓ ✓							
<b>₽</b> .		Yoghurt Fruit							•							
1		Quorn lasagne with five bean salad		<b>✓</b>		✓			<b>✓</b>							
5 – (2 <sup>nd</sup>	ber	Veggie meatballs in tomato sauce with pasta and seasonal veg		<b>~</b>		<b>✓</b>										
Week 5	3 <sup>rd</sup> October	Jacket potato with ham and mixed salad														
W	ay 3 <sup>rd</sup>	Cheese and tomato roll with salad sticks		<b>√</b>					<b>✓</b>							
	Tuesday 3	Honey and oat biscuit with melon		<b>√</b>					<b>✓</b>							
	F	Yoghurt							<b>✓</b>							
		Fruit														

								Aller	gens						
Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Roast turkey with potatoes, seasonal veg and stuffing		<b>✓</b>												
tober	Quorn sweet and sour with rice and seasonal veg		x												
ıy 4 <sup>th</sup> Oc	Jacket potato and coleslaw with mixed salad				✓					<b>√</b>					
Wednesday 4 <sup>th</sup> October	Chicken and sweetcorn sandwich with salad sticks		<b>✓</b>		✓					✓					
>	Fruit salad and cream Yoghurt							✓ ✓							
	Fruit														
	Hot dog with chips and salad sticks		х												
ober	Quorn hot dog with chips and salad sticks		<b>✓</b>												
Octo	Jacket potato with ham and mixed salad														
Thursday 5 <sup>th</sup> October	Tuna and cucumber bagel with salad sticks		✓		✓	✓				✓					
rsc	Artic roll and fruit		✓					✓							
Thu	Yoghurt							✓							
	Fruit														
Friday 6 <sup>th</sup> October	Salmon fishcake with new potatoes and peas		<b>✓</b>			✓									
Fric 6 Octo	Quorn nuggets with new potatoes and peas		✓												

									Aller	gens						
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Jacket potato with baked beans and mixed salad Ham salad sandwich with salad sticks Fruit jelly and ice cream Yoghurt  Fruit		✓ ·					✓ ✓							
(9 <sup>th</sup> – 13 <sup>th</sup> October)	Monday 9 <sup>th</sup> October	Sausage and mash with baked beans Quorn sausage and mash with baked beans Jacket potato with beans and salad Tuna and cucumber pasta with salad and veg sticks Peach and raspberry cobbler custard yoghurt fruit				✓	✓		✓ ✓ ✓		✓				✓	
Week 6 – (9	Tuesday 10 <sup>th</sup> October	Ham and cheese pasta bake with mixed five bean salad Quorn paella with seasonal veg Jacket potato with cheese and mixed salad Cream cheese and cucumber bagel with salad sticks				<b>✓</b>			✓ ✓							

								Aller	gens						
Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	Fruit salad ice cream							✓							
	Yoghurt							✓							
	Fruit														
	Hot roast chicken baguette with onion rings and peas		<b>✓</b>												
October	Quorn mince shepherd's pie with seasonal vegetables and gravy				✓										
Wednesday 11 <sup>th</sup> October	Jacket potato with tuna or cheese and mixed salad				✓	<b>✓</b>		✓		✓					
nesd	Ham and cheese wrap with salad sticks		✓					✓							
pə/	Carrot cake		✓		✓			✓							
>	Yoghurt							✓							
	Fruit														
	Quorn bolognaise with pasta and sweetcorn		<b>✓</b>		✓										
ober	Macaroni cheese with five bean salad		<b>✓</b>					<b>✓</b>							
2 <sup>th</sup> October	Jacket potato with ham and mixed salad														
_	Cheese and tomato roll with salad sticks		<b>√</b>					✓							
Thursday	Jelly and fruit														
Thu	Yoghurt							✓							
	Fruit														

			Allergens													
	Date	Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Ham pizza wedges and coleslaw		✓		х			х		х					
	Friday 13 <sup>th</sup> October	Cheese pizza wedges with coleslaw		<b>✓</b>		х			<b>✓</b>		х					
		Jacket potato with egg and mixed salad				✓										
		Bacon lettuce and tomato sandwich with salad sticks		<b>✓</b>												
		Cheese and crackers with grapes		✓					✓							
	Frid	Yoghurt							<b>✓</b>							
		Fruit														
) (Ja	, Monday 16 <sup>th</sup> October	Mince beef tacos with savoury rice and seasonal veg		х												
tobe		Quorn hotpot with seasonal veg				✓										
20th October)		Jacket potato with cheese or tuna and mixed salad				✓	<b>√</b>		<b>✓</b>		<b>✓</b>					
		Tuna and cucumber salad with veg sticks		✓		✓	✓				✓					
(16 <sup>th</sup> – .		Shortbread biscuit and fruit		<b>✓</b>					х							
Ī		Yoghurt							✓							
9		fruit														
Week 6 –	Tuesday 17 <sup>th</sup> October	Chicken and mash with seasonal veg and gravy														
×		Quorn pie in a mushroom sauce with pasta and seasonal veg		<b>✓</b>		✓			<b>✓</b>							

	Date		Allergens													
		Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Jacket potato with cheese and mixed salad Chicken and sweetcorn							✓							
		roll with salad sticks		<b>√</b>		<b>√</b>					✓					
		Fruit sponge and custard Yoghurt		✓		✓			<b>√</b>							
									✓							
		Fruit														
	Wednesday 18 <sup>th</sup> October	Gammon with new potatoes and peas														
		Sweet potato and chickpea curry with rice and seasonal veg														
		Jacket potato with cheese							✓							
		Ham salad roll with salad sticks		✓												
		Peaches and ice cream							✓							
		Yoghurt							✓							
		Fruit														
	Thursday 19 <sup>th</sup> October	Mild Quorn chilli with rice and five bean salad		<b>✓</b>		✓										
		Quorn tacos with rice and five bean salad		х												
		Jacket baked with beans and mixed salad														
		Cream cheese and cucumber bagel with salad sticks		<b>✓</b>					<b>✓</b>							
		Banana and custard							<b>✓</b>							
		Yoghurt							✓							

	Date		Allergens													
		Food	Celery	Cereals (containing Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
		Fruit														
	Friday 20th October	Fish and chips with mushy peas and bread and butter		<b>✓</b>			х		<b>√</b>							
		Cheese and onion slice with chips and mixed salad		<b>✓</b>					<b>✓</b>		<b>✓</b>					
		Jacket potato with ham salad														
		Cheese sandwich with salad sticks		<b>✓</b>					✓							
		Chocolate crispie cake		✓					✓							
		Yoghurt							✓							
		Fruit														