

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Tomato pasta	Chilli con carne (wheat,celery,soya)	Vegetable bollonese (celery)	Curry chicken (gluten)	Cod fish in batter (fish,gluten,egg)
Main2	pasta	Vegetable chilli	Jacket potato with cheese (milk)	Vegetable curry	Jacket potato with cheese (milk) Vegetable samosa
Sides	Jacket potato	Multigrain rice	Spaghetti	Steam rice	French fries
Vegetables	Mix vegetables	Green peas	Sweetcorn	Glazed carrots	Garden peas Or baked beans
Desserts	Fresh fruits & yoghurt (milk)	Fresh fruits & yoghurt (milk)	Carrot cake with custard (milk,eggs,wheat)	Fresh fruits & yoghurt (milk)	Fresh fruits & yoghurt (milk)