Item			b					300						
Week Three Menu	Nuts	Peanuts	Eggs	Milk	Fish	Crustacean	Molluscs	Cereals cont. gluten	Celery	Lupin	Mustard	Sesame seeds	Soya	Sulphur dioxide
						Prawns, crab, lobster	e.g. clams, mussels, whelks, oysters, snails and squid	wheat, rye, barley, spelt, oats, kamut						
Mac n Cheese														
Vegetable Tikka with Rice & Naan														
Garlic Bread														
Sweetcorn														
Banana Cake and Custard														
Baked Pork Sausages with Gravy														
Vegetable Sausages with Gravy														
Mashed Potatoes														
Peas														
Chocolate Brownie														
Homemade Pepperoni Pizza														
Falafel on Flat Bread with Chopped Mixed Salad														
Potato Wedges														
Mini Corn on the Cob														
Yoghurt														

Beef Chilli with Nachos'														
Quorn Chilli with Nachos'														
Wholegrain Rice														
Mixed Salad														
Homemade Biscuits														
Salmon Fishcakes	Ī													
Vegetable Fingers	T													
Chips	T													
Fruit Muffins														
Pasta in Tomato Sauce														
Fresh Bread														
Reviewed by:		L.Duff						Date:		07.12.2023				