

WEEK 2	Celery	Cereals containing gluten	Crustaceans	Eggs	Mustard	Milk	Nuts	Fish	Sesame Seeds	Molluscs	Soya	Peanuts	Sulphur Dioxide	Lupin
<u>MONDAY</u>														
<u>Menu Item</u>														
Spaghetti Bolognaise		WHEAT												
Quorn Bolognaise		GLUTEN WHEAT		✓										
Veg Sausage Roll		GLUTEN WHEAT												
Rice Krispie Cake														
<u>Daily Items</u>														
<i>Jacket Potatoes:</i>														
Cheese						✓								
Beans														
Tuna Mayo				✓				✓						
<i>Sandwiches:</i>		WHEAT									✓			
<i>Wraps:</i>		WHEAT GLUTEN												
Ham														
Cheese						✓								
Tuna				✓				✓						
<i>Other Items:</i>														
Baked Beans														
Peas														
Plum Tomatoes														
Sweetcorn														
Stuffing		WHEAT												
Baton Carrots														
Gravy		SOYA									✓			
Garlic Bread		WHEAT												
Mushy Peas														
Rice														
Pasta		WHEAT												
Mixed Vegetables														
Naan Bread		WHEAT												
Yorkshire Puddings		WHEAT		✓		✓								

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TUESDAY														
Menu Item														
Cheese Oatcake		WHEAT				✓								
Chicken Balti														
Quorn Balti				✓										
Choc Chip Muffin		WHEAT		✓		✓								
Daily Items														
Jacket Potatoes:														
Cheese						✓								
Beans														
Tuna Mayo				✓				✓						
Sandwiches:		WHEAT									✓			
Wraps:		WHEAT GLUTEN												
Ham														
Cheese						✓								
Tuna				✓				✓						
Other Items:														
Baked Beans														
Peas														
Plum Tomatoes														
Sweetcorn														
Stuffing		WHEAT												
Baton Carrots														
Gravy		SOYA									✓			
Garlic Bread		WHEAT												
Mushy Peas														
Rice														
Pasta		WHEAT												
Mixed Vegetables														
Naan Bread		WHEAT												
Yorkshire Puddings		WHEAT		✓		✓								

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