















WEEK 1

Item														
	Nuts	Peanuts	Eggs	Milk	Fish	Crustacean	Molluscs	Cereals containing gluten	Celery	Lupin	Mustard	Sesame seeds	Soya	Sulphur dioxide
						Prawns, crab, lobster	e.g. clams, mussels, whelks, oysters, snails	wheat, rye, barley, spelt, oats, kamut						
MONDAY WEEK 1														
Cheese and Tomato Pizza				X				X						
Quorn Southern Style								X						
TUESDAY WEEK 1														
Beegburger in a Bun				X				X				X	X	
Garlic Bread								X						
Mizzarillo Pepperoni Pasta				X				X						
WEDNESDAY WEEK 1														
Yorkshire Pudding			X	X				X						
Quorn Sausage			X					X						
Tuna Mayo Sandwich			X		X			X						
THURSDAY WEEK 1														
Macaroni Cheese				X				X						
Pitta Bread								X						
FRIDAY WEEK 1														
Fish					X			X						
Cheese Whirl			X	X				X						
Ham Sandwich								X						
Brookburn Brownie			X	X				X						
Yoghurt				X										
Cheese and Crackers				X				X						
Reviewed: Julie Bannister 10.01.25														