















**WEEK 3**

Item														
						Prawns, crab, lobster	e.g. clams, mussels, whelks, oysters, snails	wheat, rye, barley, spelt, oats, kamut						
<b>MONDAY WEEK 3</b>														
Cheese and Tomato Sub Melt				X				X						
Pasta Tomato Herb Sauce								X						
Tuna Mayo Sandwich			X		X			X						
<b>TUESDAY WEEK 3</b>														
Spaghetti Bolog								X						
Not Chicken Goujons			X					X					X	
Garlic Bread								X						
Tortilla Wrap								X						
<b>WEDNESDAY WEEK 3</b>														
Yorkshire Pudding			X	X				X						X
Glomorgan Sausage			X	X				X						
Pasta in Tomato and Basil Sauce								X						
<b>THURSDAY WEEK 3</b>														
Quorn Biryani								X						
<b>FRIDAY WEEK 2</b>														
Fish					X			X						
Singapore Style Noodles			X					X						
Cheese Sandwich				X				X						
Kims Cookie				X				X						
Yoghurt				X										
Cheese and Crackers				X				X						
Reviewed: Julie Bannister 10.01.25														