ADA SERVICES

ALLERGEN KEY

A Gluten B Crustaceans C Molluscs D Fish E Peanuts F Nuts G Eggs
H Soybeans I Milk J Celery K Mustard L Lupin M Sesame N Sulphur Dioxide

ALLERGY INFORMATION

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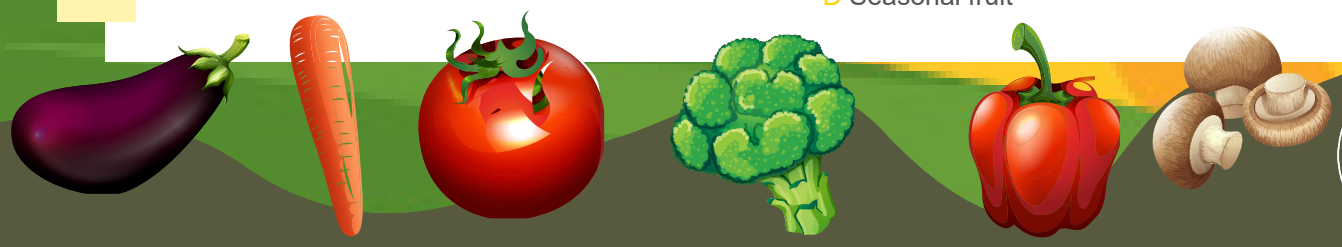
The ingredients used may contain or consist of genetic modified organisms (GMOs)

	Week 1 24th Apr / 5th Jun / 17th Jul	Week 2 1st May / 12th Jun
Monday	Meat free day V Vegetable pasta bake served with sweetcorn and carrots (A, I, J) V Jacket Potato with a choice of cheese/beans (A, I) S Salad D Seasonal Fruit	Meat free day V Roasted cauliflower lentil curry served with Bombay potato & rice (A) V Jacket Potato with a choice of cheese/beans (A, I) S Salad D Seasonal fruit
Tuesday	M Grilled chicken burger served with wedges (A) V Veggie burger served with wedges (A) S Salad D Banana cake (A, G, I)	M Chicken tikka alfredo spaghetti served with green beans & carrots (A, I, J) V Creamy alfredo spaghetti served with green beans & carrots (A, I) S Salad D Cake & custard (A, G, I)
Wednesday	M Traditional meat cottage pie served with broccoli and gravy (A ,J) V Vegetable cottage pie served with broccoli and gravy (A) S Salad D Fruit & crackers (A)	M Meat & potato curry served with rice (A, J) V Vegetable pilau rice (A, I) S Salad D Seasonal fruit
Thursday	M Teriyaki chicken served with rice and carrots (A) V Teriyaki noodles served with peas (A) S Salad D Brownies (A, G, I)	M Tandoori grilled chicken served with vegetables and roast potatoes (A) V Vegetable stir fried rice served with roast potatoes (A, H) S Salad D Jelly
Friday	M Fish fingers served with mixed vegetables & baked beans (A, D) V Jacket Potato with a choice of beans (A) S Salad D Seasonal fruit	M Fish fingers & chips served with peas & baked beans (A, D) V Cheese & tomato sandwiches served with chips, peas & baked beans (A, I) S Salad D Seasonal fruit



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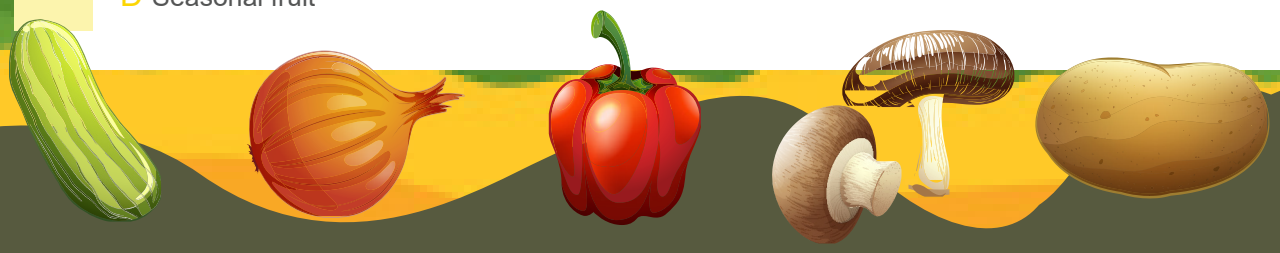
	Week 3 8th May / 19th Jun	Week 4 15th May / 26th Jun
Monday	Meat free day V Mac & cheese served with sweetcorn & green beans (A, I) V Jacket Potato with a choice of cheese/beans (A, I) S Salad D Seasonal fruit	Meat free day V Tomato macaroni served with roasted broccoli (A, I) V Jacket potato with a choice of cheese/beans (A, I) S Salad D Seasonal fruit
Tuesday	M Somali bariis with chicken served with banana/ yoghurt salad (A, I) V Potato curry served with savoury rice (A, I) S Salad D Chocolate cake & custard (A, G, I)	M Chicken, vegetable & tomato base pie (indiviudal) served with baked beans & honey glazed carrots (A, I) V Cheese flan served with honey glazed carrots (A, I) S Salad D Carrot cake (A, G, I)
Wednesday	M Meat lasagne served with roasted vegetables (A, I, J) V Creamy vegetable pie (A,I) S Salad D Seasonal fruit	M Meat burger served with wedges (A, I) V Vegetable/Bean burger with wedges (A) S Salad D Fruit & crackers with cream cheese (A, I)
Thursday	M BBQ chicken pizza served with tomato pasta (A, I) V Margarita pizza served with tomato pasta (A, I) S Salad D Yoghurt (I)	M Chicken Jalfrezi curry served with light turmeric rice (A,I) V Egg stir fried rice served with spicy mushroom (A,I,) S Salad D Yoghurt (I)
Friday	M Fish fingers & chips served with peas & baked beans (A, D) V Stir fried vegetable noodles served with chips, peas & baked beans (A) S Salad D Seasonal fruit	M Fish fingers & chips served with vegetables & baked beans (A, D) V Pasta bake served with vegetables & baked beans (A, I, J) S Salad D Seasonal fruit



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Week 5

22nd May / 3rd Jul

Monday

Meat free day
V Linguine pasta served in a creamy tomato and basil sauce served with green beans (A, I, J)
V Jacket potato with a choice of cheese/beans (A, I)
S Salad
D Seasonal fruit

Tuesday

M Orange chicken served with rice (A, I)
V Cheese & tomato quesedilla served with rice (A, I)
S Salad
D Jelly & ice cream (I)

Wednesday

M Bangers and mash served with baked beans (A, I)
V Bombay sandwich (A, I)
S Salad
D Seasonal fruit

Thursday

M Chicken & mozzarella pasta served with steamed carrots (A, I)
V Macaroni cheese served with steamed carrots (A, I)
S Salad
D Flapjack or fruit (A, G, I)

Friday

M Fish fingers & chips served with peas & baked beans (A, D)
V Pizza baguette served with chips, peas & beans (A, I)
S Salad
D Seasonal fruit

Week 6

29th May / 10th Jul

Monday

Meat free day
V Cheese & onion potato pie served with baked beans and sweetcorn (A, I)
V Jacket potato with a choice of cheese/beans (A, I)
S Salad
D Seasonal fruit

Tuesday

M Butter chicken & rice served with carrots
V Potato curry & rice served with carrots (A)
S Salad
D Lemon cake (A, G, I)

Wednesday

M Spaghetti bolognese served with peas (A, I)
V Vegetarian noodles served with peas (A, I)
S Salad
D Seasonal fruit

Thursday

M Chicken tikka pizza served with tomato basil pasta (A, I)
V Vegetable pizza served with tomato basil pasta (A, I)
S Fresh salad
D Chocolate brownie (A, G, I)

Friday

M Fish fingers & chips served with peas & baked beans (A, D)
V Jacket potato with a choice of cheese/beans (A, I)
S Salad
D Seasonal fruit

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