

Allergy Key:						
Fish	F	Corn	C	Soya	S	No Sesame Seeds, Nuts or Peanuts are used in production of our food
Lupin	L	Gluten:	G	Mustard	M	
Crustacean/Mollusc	CM	Dairy:	D	Celery	Cel	
Eggs:	E	Pork:	P	Sulphites	Sul	

WEEK 1 W/C 06-09 27-09	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Sweet Potato, Lentil & Pork Casserole	Norfolk Free Range Chicken with Broccoli, Sweetcorn and Moroccan Tomato Sauce	Homemade Beef Ragout with Tomato & Basil Sauce (G)	Chinese style noodles with Norfolk Chicken, Eggs, Peas & Sweetcorn (G, S, E, C)	Creamy Haddock, Sweetcorn, Spinach & Potato Pie
Vegetables	-- Carrots & Sweetcorn -- Sweet Potato	---- Basmati Rice	-- Carrots & Peas ----	-- Eggs, Peas & Sweetcorn (G, S, E, C)	-- Mushy Peas
Carbohydrate			Pastina (G)		
VEGETARIAN OPTION					
Protein	Sweet Potato, Lentil & Pumpkin Casserole	Roasted Vegetable, Chickpea & Spinach Tagine with Broccoli, Sweetcorn	Fresh Tomato, Butternut, Lentils & Basil with Cheese	Chinese style noodles with Tofu, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C)	Risotto with Sweetcorn, Spinach & Parmesan (G,E)
Vegetables	-- Carrots & Sweetcorn -- Sweet Potato	---- Basmati Rice	-- Carrots & Peas ----	-- Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C)	-- Mushy Peas
Carbohydrate			Pastina (G)		
ALLERGEN/INTOLERANCE OPTION					
	Chicken		Gluten Free Pasta with Tomato & Basil	Soya, Corn & Egg free fried rice	
DESSERT					
	Fruit & Greek Yoghurt (D)	Fruit Salad	Fruit & Greek Yoghurt (D)	Fruit Salad	Fruit & Greek Yoghurt (D)