

| WEEK 4                    | CELERY | CEREALS | CRUSTACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSCS | MUSTARD | NUTS | PEANUTS | SESAME | SOYA | SULPHUR DIOXIDE | PORK |
|---------------------------|--------|---------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-----------------|------|
| <b>MONDAY</b>             |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Spaghetti Bolognaise      |        | C       |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Soya Spaghetti Bolognaise |        | C       |             |      |      |       |      |          |         |      |         |        | C    |                 |      |
| Dough Ball                |        | C       |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Gingerbread Man           |        | C       |             | C    |      |       | C    |          |         |      |         |        | C    | C               |      |
| <b>TUESDAY</b>            |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Pork & Beef Meatballs     |        | C       |             |      |      |       |      |          |         |      |         |        | C    |                 | C    |
| Vegetarian Balls          |        | C       |             |      |      |       |      |          |         |      |         |        | C    |                 |      |
| Fruit Crumble             |        | C       |             | M    |      |       | M    |          |         |      |         |        | M    |                 |      |
| Custard                   |        |         |             |      |      |       | C    |          |         |      |         |        |      |                 |      |
| <b>WEDNESDAY</b>          |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Chicken Burger            |        | C       |             |      |      |       |      |          |         |      |         |        | C    |                 |      |
| Vegetable Burger          |        | C       |             | C    |      |       |      | C        |         |      |         |        | C    |                 |      |
| Chips                     |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
|                           |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| <b>THURSDAY</b>           |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Honey Roast Gammon        |        |         |             |      |      |       |      |          |         |      |         |        |      |                 | C    |
| Wholemeal Veg Quiche      |        | C       |             | C    |      |       | C    |          |         |      |         |        |      |                 |      |
| Swiss Roll                |        | C       |             | C    |      |       | C    |          |         |      |         |        |      |                 |      |
| <b>FRIDAY</b>             |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Southern Fried Fish       | C      | C       | M           | M    | C    |       | M    | M        | M       |      |         |        | C    |                 |      |
| Vegetable Sausages        |        | C       |             |      |      |       |      |          |         |      |         |        | C    | C               |      |
| Wedges                    |        | C       |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Fruit Muffin              |        | C       |             | C    |      |       | C    |          |         |      |         | M      | M    |                 |      |
| <b>DAILY</b>              |        |         |             |      |      |       |      |          |         |      |         |        |      |                 |      |
| Grated Cheese             |        |         |             |      |      |       | C    |          |         |      |         |        |      |                 |      |
| BBQ Sausage               |        | C       |             |      |      |       |      |          | C       |      |         |        |      | C               | C    |
| Youghurt                  |        |         |             |      |      |       | C    |          |         | M    | M       |        |      |                 |      |





















[illegible]