

WEEK COMMENCING 17/12/2018		2				
<b>MAIN COURSES</b>		GLUTEN	WHEAT	EGG	MUSTARD	MILK
Meatballs				EGG		
Pasta	GLUTEN	WHEAT				
Tomato Sauce						
Turkey & Ham supreme	gluten	wheat				milk
Rice						
Battered Cod	GLUTEN	WHEAT				MILK
Chips						
Tartare Sauce			EGG	MUSTARD		MILK
<b>VEGETARIAN OPTIONS</b>						
Pasta with Tomato Sauce	GLUTEN	WHEAT				
Veggie Burger in a Bap	GLUTEN	WHEAT				
Cheese						MILK
Salad						
Macaroni Cheese	GLUTEN	WHEAT				MILK
Garlic Bread	GLUTEN	WHEAT				MILK
<b>GRAB AND GO ITEMS</b>						
Cheese & Tomato Pizza	GLUTEN	WHEAT				MILK
Cheese & Pepperoni Pizza	GLUTEN	WHEAT				MILK
Beef burger in a Bap	GLUTEN	WHEAT				
Cheese						MILK
Cheese & Ham Panini	GLUTEN	WHEAT				MILK
Cheese & P Meatball Panini	GLUTEN	WHEAT	EGG			MILK
Cheese Tomato & Onion Panini	GLUTEN	WHEAT				MILK
<b>JACKET FILLINGS</b>						
Cheese						MILK
Tuna Mayo			EGG	MUSTARD		
Chicken Mayo			EGG	MUSTARD		
Chicken Korma			EGG	MUSTARD		MILK
<b>PASTA SALADS</b>						
Pesto	GLUTEN	WHEAT				MILK
Chicken & Sweetcorn	GLUTEN	WHEAT	EGG	MUSTARD		
Tuna Mayo	GLUTEN	WHEAT	EGG	MUSTARD		
<b>DESSERTS &amp; SMOOTHIES</b>						
Angel Delight						MILK
Cheese cake	GLUTEN	WHEAT				MILK
Jelly						
Fruit Smoothies						MILK
Forest Fruit Crumble	GLUTEN	WHEAT				
Apple Sponge	GLUTEN	WHEAT	EGG			MILK
Choc Chip Shortbread	GLUTEN	WHEAT				
Syrup Sponge	GLUTEN	WHEAT	EGG			MILK
Chocolate sponge	GLUTEN	WHEAT	EGG			MILK
CUSTARD						MILK
CHOCOLATE SAUCE						MILK



