

[illegible]

| Menu Item                                              |  Celery |  Cereals containing Gluten |  Crustaceans (Shellfish) |  Eggs |  Fish |  Lupin |  Milk |  Molluscs (Shellfish) |  Mustard |  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |
|--------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|                                                        | (C)                                                                                      |                                                                                                             | (CR)                                                                                                       | (E)                                                                                      | (F)                                                                                      | (L)                                                                                       | (M)                                                                                      | (MO)                                                                                                     | (MU)                                                                                        | (N)                                                                                      | (PN)                                                                                        | (SE)                                                                                             | (SY)                                                                                     | (SD)                                                                                                |
| <b>WEEK TWO</b>                                        |                                                                                          |                                                                                                             |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Chicken Tandoori, Tortilla Wrap, Sald, Sauce</i>    |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Vegetable Tandoori, Tortilla Wrap, Salad, Sauce</i> |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Chicken Jalfrezi, Brown Rice, Naan, Chutney</i>     |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          | ✓                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Vegetarian Jalfrezi, Brown Rice, Chutney</i>        |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          | ✓                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Wholemeal Mac &amp; Cheese Pasta, Garlic Bread</i>  |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        | ✓                                                                                                   |
| <i>Wholemeal Mac &amp; Cheese Pasta, Garlic Bread</i>  |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        | ✓                                                                                                   |
| <i>Chicken and Vegetable Pilau, Naan Bread, Raitha</i> |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Vegetable Pilau, Naan Bread, Raitha</i>             |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| <i>Pizza, Chips, Sauce</i>                             |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Pizza, Chips, Sauce                                    |                                                                                          | ✓<br>Wheat                                                                                                  |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |

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|-------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|                                                                   | (C)                                                                                      |                                                                                                             | (CR)                                                                                                       | (E)                                                                                      | (F)                                                                                      | (L)                                                                                       | (M)                                                                                      | (MO)                                                                                                     | (MU)                                                                                        | (N)                                                                                      | (PN)                                                                                        | (SE)                                                                                             | (SY)                                                                                     | (SD)                                                                                                |
| <b>DESSERTS / BISCUITS</b>                                        |                                                                                          |                                                                                                             |                                                                                                            |                                                                                          |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Shortbreads (Wheat)                                               |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| DMA Cake (Wheat)                                                  |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Brownie (Wheat)                                                   |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Oat Biscuits (Oat/May Barley)                                     |                                                                                          | ✓                                                                                                           |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Sugar Ring Doughnuts (Wheat)                                      |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Flapjacks (Oat/May Barley)                                        |                                                                                          | ✓                                                                                                           |                                                                                                            |                                                                                          |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Cookies (Wheat)                                                   |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Brownie (Wheat)                                                   |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| DMA Cake (Wheat)                                                  |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | ✓                                                                                        |                                                                                                     |
| Muffins (Wheat/E/M/SY/May SE)                                     |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | May                                                                                              | ✓                                                                                        |                                                                                                     |
| Jam Doughnuts, (Wheat, Eggs, Milk, May contain sesame seeds, Soy) |                                                                                          | ✓                                                                                                           |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | May                                                                                              | ✓                                                                                        |                                                                                                     |
| <b>Breakfast/Break Foods</b>                                      | (C)                                                                                      |                                                                                                             | (CR)                                                                                                       | (E)                                                                                      | (F)                                                                                      | (L)                                                                                       | (M)                                                                                      | (MO)                                                                                                     | (MU)                                                                                        | (N)                                                                                      | (PN)                                                                                        | (SE)                                                                                             | (SY)                                                                                     | (SD)                                                                                                |
| Bagels (Wheat/Barley/M/May SE)                                    |                                                                                          |                                                                                                             |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | May                                                                                              |                                                                                          |                                                                                                     |
| Cheese (M) Bagel (Wheat/Barley/M/May SE)                          |                                                                                          |                                                                                                             |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | May                                                                                              |                                                                                          |                                                                                                     |
| Cheesy (M) Pizza Bagel (Wheat/Barley/M/May SE)                    |                                                                                          |                                                                                                             |                                                                                                            | ✓                                                                                        |                                                                                          |                                                                                           | ✓                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | May                                                                                              |                                                                                          |                                                                                                     |