

Site Name:
Red Oaks

Week Commencing:
Week 1

Menu Item <input checked="" type="checkbox"/> Tick the allergens that are in the dish Insert 'MC' where the label states 'May Contain'	Celery	Cereal containing gluten *	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame seeds	Soya	Sulphur Dioxide &
Pork Sausage, Mash Potato		Wheat					<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
Quorn Sausage, Mash Potato		Wheat					<input checked="" type="checkbox"/>							
Chicken Burrito, Rice		Wheat												
Chickpea & Spinach Tagine, Rice														
Roast Turkey Dinner														
Roast Quorn Dinner		Wheat												
Beef & Vegetable Lasagne, Garlic Bread		Wheat					<input checked="" type="checkbox"/>						MC	
Butternut Squash Bake, Garlic Bread		Wheat					<input checked="" type="checkbox"/>						MC	
Fish Fingers, Chips		Wheat			<input checked="" type="checkbox"/>									
Margherita Pizza, Chips		Wheat		MC			<input checked="" type="checkbox"/>							

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Week Commencing:

Week 3

<p>Menu Item</p> <p><input checked="" type="checkbox"/> Tick the allergens that are in the dish Insert 'MC' where the label states 'May Contain'</p>	Celery	Cereal containing gluten *	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame seeds	Soya	Sulphur Dioxide &
Spaghetti Bolognese, Garlic Bread		Wheat					MC						MC	
Ratatouille Pasta Bake, Garlic Bread		Wheat					<input checked="" type="checkbox"/>						MC	
Cheese & Tomato Pizza, Pasta		Wheat		MC			<input checked="" type="checkbox"/>							
Mixed Bean Enchilada, Pasta		Wheat					<input checked="" type="checkbox"/>							
Roast Pork Dinner														
Roast Quorn Dinner		Wheat												
BBQ Chicken, Potato Wedges									<input checked="" type="checkbox"/>					
Macaroni Cheese, Potato Wedges		Wheat					<input checked="" type="checkbox"/>							
Fish Fingers, Chips		Wheat			<input checked="" type="checkbox"/>									
Quorn Hot Dog, Chips		Wheat										MC		



DESSERTS

Week Commencing: _____

<input checked="" type="checkbox"/> Tick the allergens that are in the dish Insert 'MC' where the label states 'May Contain'	Celery	Cereal containing gluten *	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame seeds	Soya	Sulphur Dioxide &
Chocolate & Beetroot Brownie		Wheat		✓										
Apple Sponge		Wheat		✓										
Angel Delight							✓							
Chocolate / Vanilla Cookie		Wheat												
Vanilla / Strawberry Ice Cream							✓							
Jam Sponge		Wheat		✓										
Lemon & Oat Cookie		Oats												
Fresh Vanilla Sponge		Wheat		✓										
Flapjack		Oats												
Apple Shortbread		Wheat												
Chocolate Sponge & Custard		Wheat		✓			✓							