WEEK 1 SUPPER						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carrot & Coriander Soup (contains:	Mushroom Soup (contains: Milk)	Tomato Soup (contains: Milk)	Minestrone Soup (contains: Wheat, Celery)	Red Lentil Broth (contains: Celery)	Scotch Broth (contains: Barley)	Tomato, Red Pepper & Lentil Soup (contains none of the 14 listed food allergens)
Pork Meatballs (contains: Wheat)	Lamb Casserole (contains none of the 14 listed food allergens)	Pork & Apple Casserole (contains: Sulphites)	Traditional Pasty (contains: Wheat)	Chicken Korma (contains: Milk)	Sausages in Onion Gravy (contains: Wheat)	Cheesy Garlic Chicken Bake (contains: Milk)
Spinach & Sweet Potato Hotpot (contains: Soya)	Plant-Based Shepherd's Pie (contains: Wheat (may contain: Soya)	Broccoli & Cauliflower Pasta Bake (contains: Wheat, Milk)	Vegetable Lasagne (contains: Wheat, Milk)	Creamy Vegetable Bake (contains: Milk)	Plain Omelette (contains: Egg, Milk)	Penne Pasta in Tomato Sauce (contains: Wheat)
Sweetcorn (contains none of the 14 listed food allergens)	Sliced Carrots (contains none of the 14 listed food allergens)	Garden Peas (contains none of the 14 listed food allergens)	Mixed Vegetables (contains none of the 14 listed food allergens)	White Rice (contains none of the 14 listed food allergens)	Minted Summer Vegetables (contains none of the 14 listed food allergens)	Sliced Carrots (contains none of the 14 listed food allergens)
Broccoli Florets (contains none of the 14 listed food allergens)	Garden Peas (contains none of the 14 listed food allergens)	Sliced Carrots (contains none of the 14 listed food allergens)	Potato Wedges (contains none of the 14 listed food allergens	Vegetable Medley (contains non of the 14 listed food allergens)	Baked Beans (contains non of the 14 listed food allergens)	Broccoli Florets (contains none of 14 listed food allergens)
Mashed Potato (contains: Milk)	Mashed Potato (contains: Milk)	Mashed Potato (contains: Milk)	Mashed Potato (contains: Milk)	Boiled Potatoes (contains non of the 14 listed food allergens	Mashed Potato (contains: Milk)	Hash Browns (contains none of 14 listed food allergens)
Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)	Orange Juice (contains none of the 14 listed food allergens)
Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)	Apple Juice (contains none of the 14 listed food allergens)
WML Tuna Mayo (contains: Barley , Wheat , Fish , Egg , Soya)	WML Ham (contains: Wheat , Soya)	WML Chicken Mayo (contains: Barley, Wheat, Egg, Soya)	WML Tuna Mayo (contains: Barley , Wheat , Fish , Egg , Soya)	WML Ham (contains: Wheat, Soya)	WML Tuna Mayo (contains: Barley, Wheat, Fish, Egg, Soya)	WML Chicken Mayo (contains: Barley, Wheat, Egg, Soya)
WHT Tuna Mayo (contains: Wheat , Fish , Egg , Soya)	WHT Ham (contains: Wheat , Soya)	WHT Chicken Mayo (contains: Wheat, Egg, Soya)	WHT Tuna Mayo (contains: Wheat , Fish, Egg, Soya)	WHT Ham (contains: Wheat, Soya)	WHT Tuna Mayo (contains: Wheat , Fish , Egg , Soya)	WHT Chicken Mayo (contains: Wheat, Egg, Soya)
WML Cheddar Cheese (contains: Barley, Milk, Wheat, Soya)	WML Egg Mayo (contains: Barley, Wheat, Mustard, Egg, Soya)	WML Cheddar Cheese (contains: Barley, Milk, Wheat, Soya)	WML Cheddar Cheese (contains: Barley, Milk, Wheat, Soya)	WML Egg Mayo (contains: Barley , Wheat , Mustard , Egg , Soya)	WML Cheddar Cheese (contains: Barley, Milk, Wheat, Soya)	WML Egg Mayo (contains: Barley , Wheat , Mustard , Egg , Soya)
WHT Cheddar Cheese (contains: Milk, Wheat, Soya)	WHT Egg Mayo (contains: Wheat, Mustard, Egg, Soya)	WHT Cheddar Cheese (contains: Milk, Wheat, Soya)	WHT Cheddar Cheese (contains: Milk, Wheat, Soya)	WHT Egg Mayo (contains: Wheat , Mustard , Egg , Soya)	WHT Cheddar Cheese (contains: Milk, Wheat, Soya)	WHT Egg Mayo (contains: Wheat, Mustard, Egg, Soya)
Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)	Fresh Fruit (contains none of the 14 listed food allergens)
Lemon Drizzle Cake Slice (contains: Wheat, Sulphites, Egg, Soya (may contain: Milk, Nuts)	Jam Doughnut (contains: Wheat, Soya (may contain: Milk, Sesame, Egg)	Bakewell Cake Slice (contains: Wheat, Nuts, Egg, Soya (may contain: Milk)	Cherry Flapjack (contains: Wheat, Oats (may contain: Milk, Nuts, Egg, Soya)	Carrot Cake Slice (contains: Wheat, Egg (may contain: Milk, Nuts, Egg, Soya)	Sugar Ring Doughnut (contains: Wheat, Soya (may contain: Milk, Sesame, Egg)	Fruit Cake Slice (contains: Milk, Wheat, Egg (may contain: Nuts, Soya)
Chocolate & Vanilla Mousse (contains: Milk)	Strawberry & Vanilla Mousse (contains: Milk)	Raspberry Ripple Mousse (contains: Milk)	Chocolate & Vanilla Mousse (contains: Milk)	Strawberry & Vanilla Mousse (contains: Milk)	Raspberry Ripple Mousse (contains: Milk)	Chocolate & Vanilla Mousse (contains: Milk)
Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)	Fruit Yoghurt (contains: Milk)
Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)	Vanilla Ice Cream (contains: Milk)
Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)	Vegetarian Finger Food Platter (contains: Milk, Wheat, Egg)
Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)	Meat Finger Food Platter (contains: Milk, Egg, Wheat, Sulphites)