

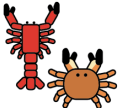

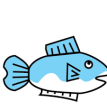







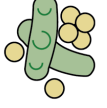



Food items & Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Monday Day 1

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Week 1 Cheese & Ham GF Toasted Pitta							✓							
Week 2 Beef Bolognese GF Pasta Bake							✓							
Week 3 Gluten Free Sausages														✓
Gravy													✓	
Baked Beans														
Baked Potato														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					



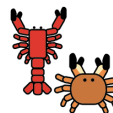
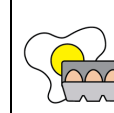
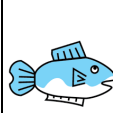
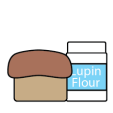



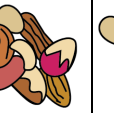
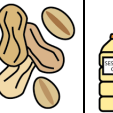
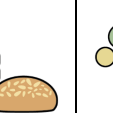
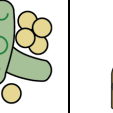

* May also contain these allergens (this is due to the product being produced in a factory where these ingredients maybe used in other foods)

GF = Gluten Free

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Food items & Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Tuesday Day 2

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Week 1 Sweet & Sour Vegetables & Rice														
Week 2 Ground Beef Taco & Salad														
Week 3 Ham & Cheese GF Pitta Pizza							✓							
Gravy													✓	
Baked Beans														
Baked Potato														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					



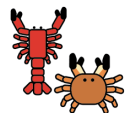

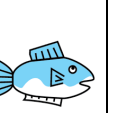
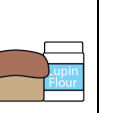


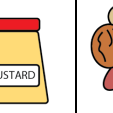
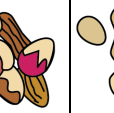
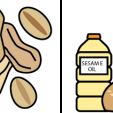
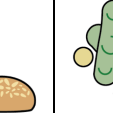
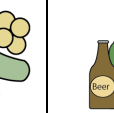
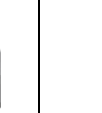
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Food items & Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Wednesday Day 3

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Week 1 Butter Chicken Curry							✓							
Week 2 GF Chicken Tikka Sauce							✓							
Week 3 Butter Chicken Curry							✓							
GF Garlic Pitta Slice									✓ *			✓ *		
Turmeric Rice														
Steamed Rice														
Baked Beans														
Baked Potato														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					



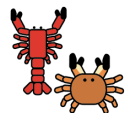

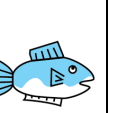
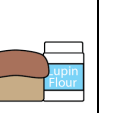


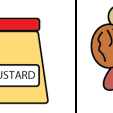
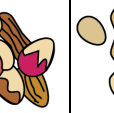
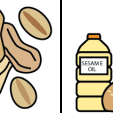
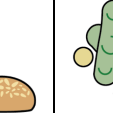
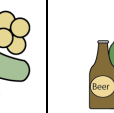
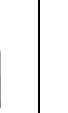
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Food items & Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Thursday Day 4

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Week 1 Chicken Salsa in a GF Wrap														
Week 2 Salsa Marinated Chicken Breast														
Week 3 Mediterranean Spicy Tomato GF Pasta														
Gravy													✓	
Garlic Mayonnaise				✓										
Baked Beans														
Baked Potato														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					



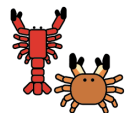

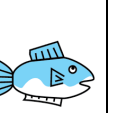
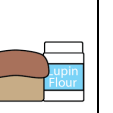


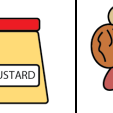
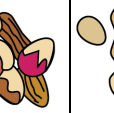
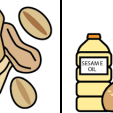
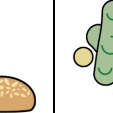
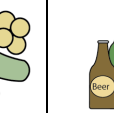
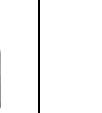
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Food items & Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Friday Day 5

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Week 1 GF Fish Fingers					✓									✓
Week 2 GF Pitta Pizza Margherita							✓		✓ *			✓ *		
Week 3 GF Chicken Nuggets														
Chipped Potatoes														
Baked Beans														
Baked Potato														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

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