

Allergen Menu Planner

Week 1 Gluten Friendly

Week 1
Dairy & Egg
Friendly

Week 2 Gluten Friendly

Week 2
Dairy & Egg
Friendly

Week 3 Gluten Friendly

Week 3
Dairy & Egg
Friendly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Mash	Beef Lasagne	Roast Gammon	Chicken Curry	Battered Fish
Tomato Pasta	Baked Potato	Sandwich	Bean & Cheese Panini	Mac & Cheese
Sausage & Mash	Beef Lasagna	Roast Gammon	Chicken Curry	Pizza
Tomato Pasta	Baked Potato	Sandwich	Panini	Mac & Cheese
Pizza	All Day Breakfast	Chicken Dinner	Cottage Pie	Chicken Nuggets
Mac & Cheese	Baked Potato	Tomato Pasta	Sandwich	Fish Finger Wrap
Pizza	All Day Breakfast	Roast Chicken Dinner	Cottage Pie	Chicken Nuggets
Baked Potato	Baked Potato	Tomato Pasta	Sandwich	Fish Finger Wrap
Chicken Pie	Beef Burger	Roast Pork	Beef Bolognaise	Fish Fingers
Pasta Carbonara	Baked Potato	Sandwich	Sandwich	Tomato Pasta
Chicken Pie	Beef Burger	Roast Pork	Beef Bolognaise	Fish Fingers
Pasta Carbonara	Baked Potato	Sandwich	Sandwich	Tomato Pasta







