

## 22nd October

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH</b>	Baked Potatoes Beans Cheese & Tuna  Fromage Frais & Fruit	Roast Turkey Gravy Mash Potato & Veg  Apple Crumble & Cream	Cod & Parsley Sauce Potatoes & Sweetcorn  Rice Pudding & Peaches	Chicken Fricase with Rainbow Rice  Yogurt & Fruit	Homemade Lentil Soup & Sandwiches  Custard & Fruit
<i>Dairy Free</i>	N/A	N/A	No Sauce	Chicken in Gravy	N/A
<i>Wheat Free</i>	N/A	N/A	N/A	N/A	N/A
<i>Vegetarian</i>	N/A	Mushroom Bake	Cauliflower Cheese Bake	Qourn Fricase	N/A
<b>TEA</b>	Cheese & Ham Toasties with Spaghetti Hoops	Stuffed Potatoes	Roast Turkey Gravy Roast Potatoes & Carrots	Cod & Parsley Sauce Mash Potato & Sweetcorn	Chicken Fricase & Rice
<i>Dairy Free</i>	Ham Toastie	N/A	N/A	No Sauce	Chicken in Gravy
<i>Wheat Free</i>	Wheat Free Hoops	N/A	N/A	N/A	N/A
<i>Vegetarian</i>	Cheese Toastie	N/A	Mushroom Bake	Cauliflower Cheese Bake	Qourn Fricase
<b>Allergen Content</b>	Dairy Gluten	Dairy Gluten Eggs	Dairy Gluten Fish	Dairy Gluten	Dairy Gluten Celery