

WPSA MENU CYCLE		CGF- CAN DO GLUTEN FREE	
W/C	2/1, 30/1,6/3, 3/4	LF- LACTOSE FREE	
	MEAL DEAL £2.30	GF-GLUTEN FREE/V-VEGETARIAN	
WEEK NO.	ONE		
DAY	MENU ITEM	ALLERGENS CONTAINED	
MONDAY	WHOLEWHEAT SPAGHETTI BOLOGNAISE	WHEAT GLUTEN	CGF/LF
	QUORN & VEGETABLE BOLOGNAISE	EGG	V
	APPLE CRUMBLE	WHEAT GLUTEN, MILK	
	CUSTARD	MILK	
	<b>NOODLE BAR</b>		
	BATTERED CHICKEN CHUNKS	WHEAT GLUTEN	
	SWEET & SOUR SAUCE		
	NOODLES	WHEAT GLUTEN	
TUESDAY	CHICKEN PIE		GF
	PIE CRUST (SEPARATE)	WHEAT GLUTEN, MILK	
	SPINACH & RICOTTA CANNELLONI	WHEAT GLUTEN MILK EGG	V
	SWEETCORN		
	MASHED POTATO	MILK	
	CHOCOLATE SPONGE	WHEAT GLUTEN	
	CHOCOLATE CUSTARD	MILK	
<b>PIZZA BAR</b>	CHEESE & TOMATO	WHEAT GLUTEN MILK	V
	CHEESE & TOMATO & PEPPERONI	WHEAT GLUTEN MILK	
	CHEESE & TOMATO & PEPPERS	WHEAT GLUTEN MILK	V
WEDNESDAY	ROAST PORK		GF/
	STUFFING	WHEAT GLUTEN	
	GRAVY		GF/V
	APPLE SAUCE		
	CARROTS & BROCCOLI FLORETS		
	ROAST POTATOES		
	<b>PASTA BAR - PASTA</b>	WHEAT GLUTEN	CGF
	BOLOGNAISE SAUCE		GF
	TOMATO SAUCE		V/CGF
	CHEESE SAUCE	WHEAT GLUTEN MILK	

	<b>BAKED RICE PUDDING</b>	<b>MILK</b>	
<b>THURSDAY</b>	TUNA PASTA BAKE	<b>FISH,WHEAT GLUTEN,MILK</b>	<b>CGF</b>
	VEGE SAUSAGE TOAD in the HOLE	<b>WHEAT GLUTEN,MILK,EGG</b>	<b>V</b>
	ONION GRAVY		<b>V/GF</b>
	CORN COBS		
	MIXED SALAD		
	SULTANA SUET ROLL	<b>WHEAT GLUTEN, MILK, EGG, SOYA</b>	
	<b>CUSTARD</b>	<b>MILK</b>	
<b>PIZZA BAR</b>	CHEESE & TOMATO	<b>WHEAT GLUTEN MILK</b>	<b>V</b>
	CHEESE & TOMATO & PEPPERONI	<b>WHEAT GLUTEN MILK</b>	
	CHEESE & TOMATO & PEPPERS	<b>WHEAT GLUTEN MILK</b>	
<b>FRIDAY</b>	<b>BATTERED WHITE FISH</b>	<b>WHEAT GLUTEN FISH MILK</b>	
	<b>TARTARE SAUCE</b>	<b>EGG MUSTARD</b>	
	<b>SOUP WITH ROLL</b>	<b>WHEAT GLUTEN</b>	<b>V,CGF,LF</b>
	<b>SWEETCORN/BAKED BEANS</b>		
	<b>PEAS</b>		
	<b>WEDGES</b>		
	<b>A SELECTION OF PUDDINGS</b>	<b>WHEAT GLUTEN MILK EGG SOYA</b>	
	<b>CUSTARD</b>	<b>MILK</b>	