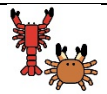
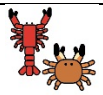
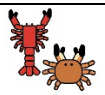
JOHN WESLEY ALIGEN CHARTS FROM OCTOBER 2018 TILL MARCH 2019

DISHES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHURD
Monday Week 1														
Pasta Bolognese		■												
Veg & Bean Bolognese		■												
Chilli														
Cheese							■							
Delight Whip							■							
Tuesday Week 1														
Sausage														■
Salmon Fish Cake					■		■							
Jacket Cheese							■							
Brownies		■		■										
Wednesday Week 1														
Gammon		■												
Falafel														
Gravy														
Fruit Jelly														
Thursday Week 1														
Chicken Curry							■		■					
Rice														
Macaroni Cheese							■							
Jacket Tuna /Cheese				■	■									
Jam & Coconut Sponge		■		■										
Custard							■							

Friday week 1														
Fish Fingers		■			■									
Wraps		■												
Cheese Quiche		■		■			■							
Jacket Coleslaw/Cheese				■			■							
Ice Buns		■		■										
DISHES														
Monday Week 2		GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHURD
Mince Beef Cobbler		■												
Shepherd Less Pie													■	
Jacket, Tuna or Cheese				■	■									
Pineapple Upside Cake		■		■										
Custard							■							
Tuesday Week 2														
Italian Chicken Pasta		■												
Kedgeree				■	■				■					
Jacket, Cheese							■							
Shortbread Cookie		■												
Roast Beef														
Yorkshire Pud		■		■			■							
Cauliflower & Broccoli Cheese							■							
Jelly & Ice Cream							■							
Wednesday Week 2														
BBQ Chicken														

Rice														
Pasta														
Tomato Sauce														
Cheese Sause														
Jacket, Bacon, Sweetcorn & Mayo														
Tutti Fruity Cups														
Friday Week 2														
Ham and Cheese Pizza														
Cheese and Tom Pizza														
Jacket, Beans or Cheese														
Chocolate Krispies														
DISHES														
	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHURD
Monday Week 3														
Bap Chicken Burger														
Mexican Puffs														
Wedges														
Jacket, Cheese														
Fruit Yoghurts														
Mini Shortbread														
Tuesday Week 3														
Sausages														
Yorkshires														
Veg Risotto														
Jackets Chicken &mixed Peppers or Cheese														
Golden Flapjack														

Wednesday Week 3														
Roast Pork														
Apple Sauce														
Quorn Roast				■			■							
Meringue's & Fresh Fruit				■										
Cream							■							
Thursday Week 3														
Chicken & Pepper Pasta		■												
Veg Calzone														
Jacket, Coleslaw or Cheese				■			■							
Eves Pudding		■		■										
Custard		■					■							
Friday Week 3														
Battered Fish		■			■		■							
Quorn Sausages		■		■			■							
Jacket, Beans or Cheese							■							
Iced Cup Cake		■		■										
Available Daily														
Bread		■												
Yoghurts							■							
Dairy Free Yoghurts														
Gluten free Fish Fingers					■									
DISHES														
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