



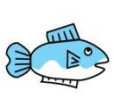















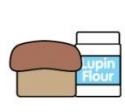












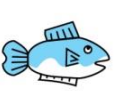
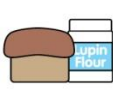










14 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide



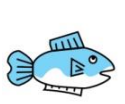









<b>Monday</b>	
<b>Breakfast:</b>	
<b>Lunch:</b>	(Berleys) - Baguettes with a choice of fillings ( <b>contains cereals including Gluten</b> ) (may contains Soya Milk Mustard) Cold meat, Welsh cheddar cheese ( <b>Contains Milk</b> ) Tuna ( <b>contains Tuna</b> ) Coronation Chicken ( <b>Contains Eggs Mustard (May contain Gluten (Wheat) Soya)</b> ) Branston pickle ( <b>Contains Barley /Sulphites</b> ) Or Homemade ham quiche ( <b>Contains Gluten Egg Milk</b> ) (may contains Soya) Lettuce, tomatoes, cucumber, coleslaw ( <b>Mayo contains Egg Mustard</b> ) Boiled eggs ( <b>contains Egg</b> ) Chipped potatoes
<b>Vegetarians:</b>	Homemade cheese and onion quiche ( <b>Contains Gluten Egg Milk</b> ) (may contains Soya) or Baguettes - Choices from above menu.
<b>Vegan:</b>	Quorn / Vegan Halal Ham
<b>Halal:</b>	Halal chicken Tikka This product does not contain any of the FSA standard 14 allergens.
<b>Gluten free:</b>	Brioche Gluten / dairy / egg Free (Vegan)                      Gluten free Quiche ( <b>Contains Egg Milk</b> )
<b>Dessert:</b>	Pancake ( <b>Contains Gluten (Wheat) Milk Egg</b> ) May contain Rye Barley oats) (Genius) Gluten dairy / free pancake ( <b>contains Egg</b> ) Vegan pancake ( <b>Contains Gluten (Wheat)</b> )
<b>Light Tea:</b>	<b>Children's Light Tea:</b> Crisps ( <b>Gluten free</b> ) Cheese and onion crisps ( <b>Contains Milk</b> ) Fresh fruit, Orange drink <b>Vegan:</b> Salt and vinegar or Sea salt crisps <b>Adults Choice: Welsh Traditional Tea - Bara brith (Contains Gluten Wheat Eggs Sulphites) May contain Soya</b> Welsh Cakes ( <b>Contains Wheat Gluten Eggs Milk</b> ) Gluten free Welsh cake ( <b>Contains Egg Milk</b> ) Tea or Coffee <b>Vegan:</b> (Traybaker) chocolate and raspberry Brownie ( <b>Contains Soya</b> )
<b>Supper:</b>	(Langfords) Baked Welsh Pork sausage ( <b>Contains Gluten (Wheat) Soya Sulphur dioxide</b> ) Peas , Mashed Potatoes ( <b>Contains Milk (May Contain Gluten (Wheat) Sulphites)</b> ) Dairy / gluten free mashed potato (Knor) Gravy This product does not contain any of the FSA standard 14 allergens. Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> )
<b>Vegetarian</b>	Glamorgan sausage ( <b>Contains Gluten (Wheat Mustard)</b> )
<b>Vegan:</b>	Quorn vegan sausage ( <b>Contains Gluten (Wheat)</b> )
<b>Halal:</b>	Halal beef burger ( <b>Contains Gluten (Wheat)</b> )
<b>Gluten free:</b>	(Green Gourmet) Gluten free sausage ( <b>Contains Sulphur</b> ) May contain Soya
<b>Dessert:</b>	Ice-cream ( <b>Contains Milk</b> ) or Fresh fruit salad Cream ( <b>contains Milk</b> ) <b>Vegan:</b> Marios Dairy free vanilla ice cream This product does not contain any of the FSA standard 14 allergens ( <b>factory produces Milk Soya Eggs Milk Peanuts Gluten Sulphite</b> ) or Fresh fruit salad with Vegan cream ( <b>May contain Milk</b> )

14 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

<b>Tuesday</b>	
<b>Breakfast:</b>	Cornflakes ( <b>Barley</b> ) Cocopops ( <b>Barley</b> ) Ricekrispies ( <b>Barley</b> ) Weetabix ( <b>Wheat - Barley</b> ) Gluten free Cereal ( <b>May contain Nuts</b> ) Back bacon, Lutosa Hash brown ( <b>may contain Wheat Milk Sulphur</b> ) Tomatoes and mushrooms Baked Beans Braces - Toast ( <b>contains Wheat Gluten Soya</b> ) Flora ( <b>May Contain Milk</b> ) Gluten free Toast ( <b>Contains Egg</b> ) Jam and Marmalade Tea and coffee - Orange or Apple Juice
<b>Vegetarians:</b> <b>Vegan:</b> <b>Halal:</b> <b>Gluten free:</b>	Roll ( <b>Contains Gluten</b> ) ( <b>May contain Sesame</b> ) Cheese ( <b>Contains Milk</b> ) baked with leeks tomato and mushrooms Vegan Bacon Free ( <b>Contains Gluten (Wheat Barley Oats) Soya</b> ) (Plumtree)Halal sausage ( <b>Contains Gluten (Wheat) Sulphur</b> ) Bacon
<b>Lunch:</b>	Chilli con carne Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) or Cheese and tomato Pizza <b>Contains: Gluten (Wheat) Milk</b> Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) Roasted vegetables couscous ( <b>Contains Wheat Celery Soya</b> ) Twisters ( <b>Contains Gluten (Wheat)</b> )
<b>Vegetarians:</b> <b>Vegan:</b> <b>Halal:</b> <b>Gluten free:</b>	Cheese and tomato Pizza ( <b>Contains Gluten (Wheat) Milk</b> or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) Vegan Pizza ( <b>Contains Gluten (Wheat)</b> or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) Cheese and tomato / pepperoni Halal Pizza ( <b>Contains Gluten (Wheat ) Milk</b> ) or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) Gluten free Pizza ( <b>Contains Milk</b> ) or Chilli con carne Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) Jacket potato
<b>Dessert:</b>	Chocolate sponge ( <b>contains Gluten Eggs Soya Milk</b> ) Vanilla sauce ( <b>Contains Milk</b> ) (Sidoli) Gluten free chocolate cake ( <b>Contains Milk Eggs Soya May Contains: Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio)</b> ) Vanilla sauce ( <b>Contains Milk</b> ) (Waldrons) Vegan chocolate cake ( <b>Contains: Gluten (Wheat, Barley) Soya May Contains Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio)</b> ) Vegan Vanilla sauce with soya milk ( <b>Contains Soya</b> )
<b>Light Tea:</b>	Chefs' choice
<b>Supper:</b>	Sausage roll ( <b>Conyains Gluten (Wheat) Egg</b> ) May contain Milk Mustard Soya) Baked Beans Pasta twists tricolour ( <b>Contains Gluten (Wheat)</b> ) Mushrooms, spinach in a tomato and basil sauce Diced potatoes ( <b>May contain Celery Milk Sulphur</b> ) Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) <b>Or Toast (contains Wheat Gluten Soya) Baked Beans, Grated cheese (Contains Milk)</b>
<b>Vegetarians:</b> <b>Vegan:</b> <b>Halal:</b> <b>Gluten free:</b>	Vegan roll ( <b>Contains Gluten (Wheat ) Sulphur (May contain Milk)</b> ) Baked Beans <b>or/ and</b> Pasta twists tricolour ( <b>Contains Gluten (Wheat)</b> ) Mushrooms, spinach in a tomato and basil sauce Vegan / Vegetarian choice (Doves) Gluten free Pasta Penne, bacon mushrooms in tomato and Basil sauce or Gluten free toast ( <b>Contains Egg</b> ) Baked beans grated cheese ( <b>Contains Milk</b> )
<b>Dessert:</b> <b>Vegetarian:</b> <b>Vegan:</b>	Jelly / cream ( <b>Contains Milk</b> ) Vegetarian / Vegan Jelly - vegan cream ( <b>May contain Milk</b> )





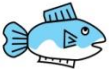
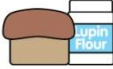








w4 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide

<b>Wednesday</b>	
<b>Breakfast:</b>	Cornflakes ( <b>Barley</b> ) Cocopops ( <b>Barley</b> ) Ricekrispies ( <b>Barley</b> ) Weetabix ( <b>Wheat barley</b> ) Gluten free cereals ( <b>May contain nuts</b> ) Porridge ( <b>Contains wheat -Milk</b> ) ( <b>May contain barley</b> ) ( <b>Free From</b> ) Porridge ( <b>Gluten / Milk free</b> ) ( <b>Speedibake</b> ) Crumpets ( <b>Contains Gluten (Wheat) May contain milk Soya</b> ) Watermelon with fresh fruit topping Boiled egg ( <b>Contains Egg</b> ) Braces - Toast ( <b>Contains Wheat- Gluten- Soya</b> ) Flora portion ( <b>May contain Milk</b> ) Jam Marmalade Gluten free Toast ( <b>Contains Egg</b> ) Village Dairy Low Fat Pro Biotic Yoghurt ( <b>Contains Milk</b> ) Vegan soya yoghurt ( <b>Contains Soya May contain Nuts</b> ) ( <b>Almond, Hazelnut, Cashew</b> ) Tea / Coffee – Orange or Apple Juice
<b>Vegetarians:</b>	Above menu
<b>Vegan:</b>	( <b>Speedibake</b> ) Crumpets ( <b>Contains Gluten (Wheat) May contain Milk Soya</b> )
<b>Halal:</b>	Above choices
<b>Gluten Free:</b>	( <b>Genius</b> ) Crumpets (Gluten Milk free) ( <b>Contains Egg</b> )
<b>Lunch:</b>	( <b>Global Farm Halal</b> ) chicken goujons ( <b>Contains Gluten (wheat)</b> ) Baked Beans Vegetable noodles with sweet chilli sauce ( <b>Contains Gluten (Wheat)</b> ) Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) Chipped potatoes
<b>Vegetarians:</b>	(Quorn) Vegan nuggets ( <b>Contains Gluten (Wheat)</b> )
<b>Vegan:</b>	
<b>Halal:</b>	( <b>Global Farm Halal</b> ) chicken goujons ( <b>Contains Gluten (wheat)</b> )
<b>Gluten Free:</b>	( <b>Riverside Halal Gluten free</b> ) chicken chunks <b>This product does not contain any of the FSA standard 14 allergens.</b>
<b>Dessert:</b>	Fruit crumble ( <b>Contains Gluten Milk</b> ) and custard ( <b>Contains Milk</b> ) Gluten free fruit crumble - custard ( <b>Contains Milk</b> ) Vegan fruit crumble ( <b>Contains gluten (wheat)</b> ) and soya milk custard ( <b>Contains Soya</b> )
<b>Light Tea:</b>	Chefs Choice
<b>Supper:</b>	Homemade Welsh beef Lasagne ( <b>Contains Gluten (Wheat) Milk Mustard</b> ) <b>May contain Egg Soya</b> or Ham Garlic bread ( <b>contains Gluten Milk</b> ) <b>May contain Soya</b> Gluten free Garlic bread ( <b>Contains Milk Eggs</b> ) Peas Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) Sauté potatoes <b>This product does not contain any of the FSA standard 14 allergens.</b>
<b>Vegetarians:</b>	Vegetarian lasagne ( <b>Contains Gluten (Wheat) Milk</b> ) <b>May contain Egg Mustard Soya</b>
<b>Vegan:</b>	Vegan Lasagne ( <b>Contains Celery, Gluten (Wheat), Soya</b> ) <b>May Contain Nuts (Almond, Hazelnut, Cashew, Pecan)</b>
<b>Halal:</b>	Halal beef lasagne ( <b>Contains Gluten (Wheat) Milk</b> ) <b>May contain Egg Mustard Soya</b>
<b>Gluten Free:</b>	Gluten free Lasagne ( <b>Contains Milk Mustard</b> ) or Ham
<b>Dessert:</b>	Chocolate Muffins ( <b>Contains Gluten Wheat Milk Eggs</b> ) <b>May contain Soya</b> ( <b>Traybaker</b> ) Vegan / gluten free – Salted caramel brownie ( <b>Contains Soya</b> )

w4 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide

<b>Thursday</b>	
<b>Breakfast:</b>	Cornflakes ( <b>Barley</b> ) Cocopops ( <b>Barley</b> ) Ricekrispies ( <b>Barley</b> ) Weetabix ( <b>Wheat - Barley</b> ) Gluten free Cereal ( <b>May contain Nuts</b> ) Back bacon, Lutosa Hash brown ( <b>may contain Wheat Milk Sulphur</b> ) Tomatoes and mushrooms Baked Beans Braces - Toast ( <b>contains Wheat Gluten Soya</b> ) Flora ( <b>May Contain Milk</b> ) Gluten free Toast ( <b>Contains Egg</b> ) Jam and Marmalade Tea and coffee - Orange or Apple juice
<b>Vegetarians:</b>	Roll ( <b>Contains Gluten</b> ) ( <b>May contain Sesame</b> ) Cheese ( <b>Contains Milk</b> ) baked with leeks tomato and mushrooms
<b>Vegan:</b>	Vegan Meat Free Bacon ( <b>Contains Gluten (Wheat Barley Oat) Soya</b> )
<b>Halal:</b>	(Plumtree)Halal sausage ( <b>Contains Gluten (Wheat) Sulphur</b> )
<b>Gluten Free:</b>	Bacon
<b>Lunch:</b>	Chicken curry ( <b>Wheat Barley Celery</b> ) ( <b>May contain Egg Milk Mustard Soya</b> ) Garlic and Coriander Naan ( <b>Contains Wheat Milk</b> ) or Fish fingers ( <b>Contains Fish Gluten (Wheat)</b> ) Celtic preserve Mango chutney This product does not contain any of the FSA standard 14 allergens. Sambals – Cucumber Tomatoes Peppers Spring onions and fresh Mint Long Grain rice Long Boats This product does not contain any of the FSA standard 14 allergens. Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> )
<b>Vegetarians:</b>	Vegetable / Vegan Balti Curry This product does not contain any of the FSA standard 14 allergens. or Vegan Fishless Fingers ( <b>Contains Gluten (Wheat)</b> )
<b>Vegan:</b>	
<b>Halal:</b>	<b>Halal chicken curry (Wheat Barley Celery) (May contain Egg Milk Mustard Soya)</b>
<b>Gluten Free:</b>	Gluten free Balti chicken curry This product does not contain any of the FSA standard 14 allergens. or ( <b>Green Gourmet</b> ) Gluten free fish fingers ( <b>Contains Fish</b> )
<b>Dessert:</b>	Cheese ( <b>Contains Milk</b> ) and biscuits ( <b>Contains Gluten (Wheat) May contain Gluten ( Rye Barley oats)</b> ) Cheese ( <b>Contains Milk</b> ) Gluten free crackers ( <b>Contains Egg</b> ) May contain Soia Sesame Milk Vegan cheese with crackers ( <b>Contains Gluten (wheat) May contain Gluten ( Rye Barley oats)</b> )
<b>Light Tea:</b>	Chefs choice
<b>Supper:</b>	Cottage Pie - Mashed potatoes ( <b>Contains Milk</b> ) May contain Wheat Sulphites Knorr gravy Gluten free Broccoli carrots and peas Or Baked Mac and cheese ( <b>Contains Gluten (Wheat) Milk Mustard</b> ) Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> )
<b>Vegetarians:</b>	Vege / Vegan / Halal / Gluten – Dairy free cottage pie
<b>Vegan:</b>	
<b>Halal:</b>	Or Baked Mac and cheese ( <b>Contains Gluten (Wheat) Milk Mustard</b> )
<b>Gluten Free:</b>	Or Gluten free Baked pasta and cheese sauce ( <b>Contains Milk Mustard</b> )
<b>Dessert:</b>	Doughnuts <b>Contains Gluten (Wheat), Milk. May Contain Nuts (Hazelnut)</b> Vegan pink velvet doughnuts ( <b>Contains Gluten (Wheat Rye) May Contains Milk, Eggs, Soya, Nuts (Almond, Hazelnut)</b> ) Gluten free chocolate fudge cake ( <b>Contains Milk Eggs</b> ) May Contain Celery, Mustard, Peanuts, Soya, Sulphites, <b>Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio)</b>



14 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

Friday	
Breakfast:	Cornflakes ( <b>Barley</b> ) Cocopops ( <b>Barley</b> ) Ricekrispies( <b>Barley</b> ) Weetabix ( <b>Wheat Barley</b> ) Gluten free Cereal ( <b>May contain Nuts</b> ) Porridge ( <b>Contains Wheat -Milk</b> ) ( <b>May contain Barley</b> ) ( <b>Free From</b> ) Porridge ( <b>Gluten / Milk free</b> ) Croissants ( <b>Contains Wheat Gluten Egg Milk</b> ) ( <b>May contain Nuts Sesame Soya</b> ) Watermelon with fresh fruit topping Boiled egg ( <b>Contains Egg</b> ) Braces - Toast ( <b>Contains Wheat Gluten Soya</b> ) Flora portion ( <b>May contain Milk</b> ) Jam Marmalade Gluten free Toast ( <b>Contains Egg</b> ) Village Dairy Low Fat Pro Biotic Yoghurt ( <b>Contains Milk</b> ) Vegan soya yoghurt ( <b>Contains Soya May contain Nuts</b> ) ( <b>Almond, Hazelnut, Cashew</b> ) Tea / Coffee Orange – Orange or Apple Juice
Vegetarians:	Above menu
Vegan:	Vegan croissants Contains : Gluten (Wheat) May Contain : Milk Eggs Soya <b>Sesame Nuts (Almond, Hazelnut, Walnut)</b>
Halal:	Above choices
Gluten Free:	(Genius) Crumpets (Gluten Free / Dairy Free (Contains Egg))
Choice of Lunch or Packed Lunch for the journey home:	Homemade Beef Cawl, wedge of cheese ( <b>Contains Milk</b> ) Slice of bread <b>Contains Wheat- Gluten- Soya</b> ) and Flora portion ( <b>May contain Milk</b> ) <b>Or</b> Soup of the Day ( <b>Check Allergen content</b> ) Or Sausage roll ( <b>Contains Glwten (Wheat Egg Sulphur)</b> ) Potato salad, Coleslaw, ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) Pasta salad ( <b>Contains Gluten</b> ) Mixed Salad
Vegetarians:	Vegetable soup – Vegetarian / Vegan / Halal / Gluten free - Vegan cheese
Vegan:	Vegetable Soup or (Katerveg) Vegan Roll ( <b>Contains Gluten (Wheat)</b> )
Halal:	Vegetable Soup or ( <b>Plumtree</b> ) Halal sausage ( <b>Contains Gluten (Wheat) Sulphur</b> )
Guten free:	Vegetable Soup or ( <b>Green Gourmet</b> ) Gluten free sausage ( <b>Contains Sulphur</b> ) <b>May contain Soya</b> ) Gluten free Brioche
Dessert:	Ice Lolly ( <b>Check Allergen content</b> ) or chefs' choice. ( <b>Check Allergen content</b> ) Fresh Fruit
Packed Lunch:	Ham roll ( <b>Contains Gluten</b> ) ( <b>May contain Sesame</b> ) Flora ( <b>May Contain Milk</b> ) <b>Vegetarians:</b> Cheese roll ( <b>Contains Gluten Milk</b> ) ( <b>May contain Sesame</b> ) Flora ( <b>May Contain Milk</b> ) <b>Gluten free:</b> Brioche with Ham or cheese filling ( <b>Contains Milk</b> ) Flora ( <b>May Contain Milk</b> ) <b>Vegan:</b> Salad and vegan cheese roll ( <b>Contains Gluten</b> ) ( <b>May contain Sesame</b> ) Flora ( <b>May Contain Milk</b> ) Salt and vinegar crisps / Sea Salt <b>Halal:</b> chicken Tikka roll ( <b>Contains Gluten</b> ) ( <b>May contain sesame</b> ) Flora ( <b>May Contain Milk</b> )  Crisps, Fresh fruit, Orange drink