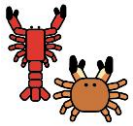
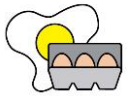
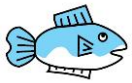
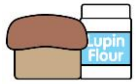
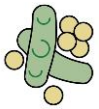
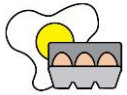
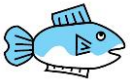
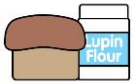
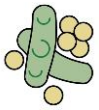
DISHES AND THEIR ALLERGEN CONTENT – Inspire Academy

DISHES														
(H)-Halal (V) Vegetarian	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
WEEK ONE														
Chicken goujons		X												
(H) Cheese and tomato pizza		X					X							
(V) Cheese and tomato pizza		X					X							
Angel Delight							X							
Cheese and crackers		X					X							
Yogurt							X							
Chicken Tikka Naan bread		X					X							
(H) Chicken Tikka Naan bread		X					X							
(V) Sweet potato curry Naan bread		X					X							

DISHES														
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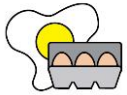
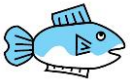
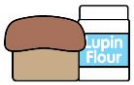
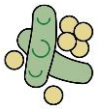
Jam sponge and custard		X		X			X						**May contain**	
Jelly and fruit														
Yogurt							X							
Roast chicken dinner		X												
(H) Cheese whirls		X				**May contain**	X		**May contain**				**May contain**	
(V) Cheese whirls		X				**May contain**	X		**May contain**				**May contain**	
Iced fingers		X										**May contain**		
Custard biscuits		X					X							
Yogurt							X							
Bolognese pasta Garlic bread		X					X						**May contain**	
(H) Bolognese pasta Garlic bread		X					X						**May contain**	

DISHES														
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(V) Pasta with cheese sauce Garlic bread		X					X						**May contain**	
Blueberry muffins		X		X										
Flapjack		X												
Yogurt							X							
Fish fingers Tomato ketchup		X			X									
(H) Fish fingers Tomato ketchup		X			X									
(V) Quorn nuggets Tomato ketchup		X												
Ice lolly														
Vanilla ice-crem							X							
Yogurt							X							
WEEK TWO														

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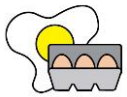
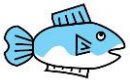
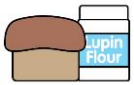
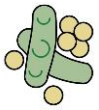
DISHES														
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Beef burger bap		X										May Contain	X	
(H) Beef burger bap		X										May Contain	X	
(V) Quorn burger in a bap		X		X			X					May Contain		
Freshly baked cookies		X		X			X						X	
Crackers and jam		X					May contain							
Yogurt							X							
Chicken Pie		X												
(H) Chicken casserole		X												
(V) Vegetable casserole		X												
Mousse							X							
Chocolate sponge and custard		X		X			X						May contain	

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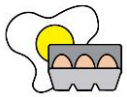
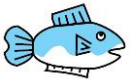
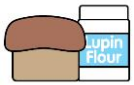
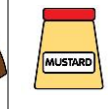
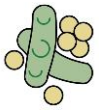
DISHES														
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Yogurt							**X**							
Toad in the hole and gravy		**X**		**X**			**X**							**X**
(H) Toad in the hole and gravy		**X**		**X**			**X**							**X**
(V) Vegetarian Toad in the hole		**X**		**X**			**X**							
Raspberry buns		**X**		**X**			**May contain**							
Gingerbread men		**X**					**May contain**						**May contain**	
Yogurt							**X**							
Chicken Kiev pasta bake Garlic bread	**May contain**	**X**		**May contain**			**X**		**May contain**				**May contain**	
(H) Chicken Kiev pasta Garlic bread	**May contain**	**X**		**May contain**			**X**		**May contain**				**May contain**	
(V) Mac “n” cheese Garlic bread		**X**		**May contain**			**X**		**May contain**				**May contain**	
Pineapple upside down cake		**X**		**X**										

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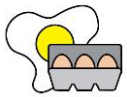
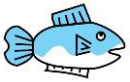
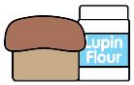
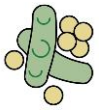
DISHES														
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Frozen yogurt							X							
Yogurt							X							
Fish fillet Tomato ketchup		X			X									
(H) Fish fillet Tomato ketchup		X			X									
(V) Vegie dippers Tomato ketchup		X												
Chocolate crunch		X		X										
Artic roll		X		X			X						X	
Yogurt							X							
WEEK THREE														
Chicken goujons		X												
(H) Chicken goujons		X												

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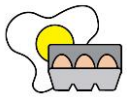
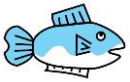
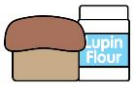
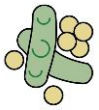
DISHES														
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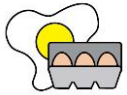
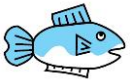
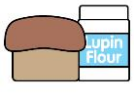
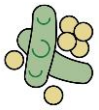
(V) BBQ bean and cheese wrap		X					X							
Iced cake		X		X										
Cheese and crackers		X					X							
Yogurt							X							
All day breakfast		X		X			X							X
(H) All day breakfast		X		X			X							X
(V) All day breakfast		X		X			X							
Lemon shortbread		X												
Jelly pot														
Yogurt							X							
Roast chicken dinner		X		X			X							

DISHES														
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(H) Roast chicken dinner		X		X			X							
(v) Cheese whirls		X		X		**May contain**	X		**May contain**				**May contain**	
Sponge cake and custard		X		X			X						**May contain**	
Yogurt							X							
Cottage pie		**May contain**		**May contain**			X							
(H) Cottage pie		**May contain**		**May contain**			X							
(V) Vegetarian Cottage pie		**May contain**		**May contain**			X							
Flapjack		X												
Cheesecake pots		X					X							
Yogurt							X							
Fish fingers Tomato ketchup		X			X									

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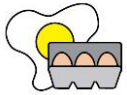
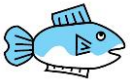
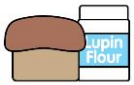
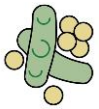
DISHES														
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(H) Fish fingers Tomato ketchup		**X**			**X**									
(v) Quorn sausage Tomato ketchup		**X**												
Strawberry mousse							**X**							
Yogurt							**X**							