

Week beginning 22nd July

## Monday

### Main

Tomato Pasta

Celery, Gluten, Milk, GF Option Available, DF Option Available

Peas, Sweetcorn

### Pudding

Citrus Sponge

Gluten, Egg, Milk

## Tuesday

### Main

Battered Cod

Gluten, Fish, GF Option Available

Vegetable Sausage

Celery, Gluten

Peas, Baked Beans, Chips

### Pudding

Oaty Biscuits

Gluten, Milk

Fruit Chunks

## Wednesday

### Main

### Pudding

## Thursday

### Main

### Pudding

## Friday

### Main

### Pudding

If you have any dietary requirements, please notify [enquiries@fiveislands.org](mailto:enquiries@fiveislands.org) or contact reception on 01720 424850

Fresh fruit or yogurt (contains milk) is available as an alternative dessert & wholemeal bread (contains wheat) available each day.