

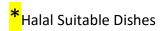
There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten	Celery
Crustaceans	Egg
Fish	Lupin
Mustard	Nut
Milk	Molluscs
Peanut	Sesame
Soya	Sulphites

## <u>Please find below the allergens for our main meals and puddings.</u>

Option: Jacket	Potato Fillings	Option: Pasta On Monday & Wednesdays
Tuna	Egg, Fish, Mustard	Pasta with Cheese Gluten, Milk
Mayonnaise		Pasta in Tomato Sauce Gluten
Baked Beans	None	Jacket Potato with Cheese Milk
Cheese	Milk	Jacket Potato, Tuna Mayo Eggs,
		— Mustard,
Coleslaw	Eggs, Mustard	Fish
		Jacket Potato with Beans None

The yoghurt that we provide as an option each day for our puddings contains Milk





## WEEK ONE

	Red Option	Green Option	Dessert
	Chicken Burger in a bun *	Vegetarian Burger	Apple & Mixed Fruit Oatie Crumble
Monday	Gluten, Sesame Seeds, Milk	Gluten	with Custard Gluten, Milk, Soybeans
	Beef Lasagne <mark>*</mark>	Vegetable Lasagne	Carrot Cake with Custard
Tuesday	Gluten, Eggs, Milk, Mustard	Gluten, Eggs, Milk, Mustard	Milk, Eggs, Gluten,
	Roast BBQ Chicken *	Vegetarian Sausages in a Yorkshire	Fresh Fruit, Yoghurt or Cheese &
Wednesday	_	Pudding with Onion Gravy	Biscuits
		Gluten, Milk, Egg, Sesame Seeds,	
	Sesame Seeds, Mustard	Soybean, Sulphur Dioxide	Gluten, Milk
	Lamb Pasta Bolognaise <mark>*</mark>	Spaghetti with Tomato & Basil Sauce	Apple Pie with Custard
Thursday			
	Gluten	Gluten, Milk	Eggs, Gluten, Milk
	Breaded Salmon *	Vegetable Nuggets	Ice Cream Pot
Friday			
	Fish, Gluten	Gluten,	Milk



## WEEK TWO

	Red Option	Green Option	Dessert
	Tuna & Sweetcorn Pizza*	Cheese/Tomato & Sweetcorn Pizza	Fresh fruit Platter or Yoghurt
Monday	Fish, Gluten, Milk	Gluten, Milk	Milk
	Chicken & Vegetable Casserole *	Macaroni Cheese	Rock/fruit Cake with Custard
Tuesday	Gluten, Soybean, Celery, Eggs, Mustard, Milk	Gluten, Milk, Mustard	Gluten, Milk, Egg, Soybeans
	Roast Beef Dinner & Gravy	Roasted vegetable and Polenta Slice	Fresh Fruit Platter, Yoghurt or Cheese
Wednesday	Sesame Seeds	Milk,	& Biscuits
			Milk, Gluten
Thursday	Chicken Jallof Rice <mark>*</mark>	Sweet Chili vegetable Stir Fry with Noodles	Pancake & Fruit Compote
	Gluten	Gluten, Celery, Eggs, Sesame Seeds, Soybeans, Sulphur Dioxide	Egg, Gluten, Milk
	Cod Bites *	Cheese, Tomato & Spinach Pin Wheel	Fruit Pot
Friday			
	Fish, Gluten	Gluten, Milk	NONE



## WEEK THREE

	Red Option	Green Option	Dessert
Monday	Braised Chicken Sausages with Onion Gravy *	Vegetarian Sausages with Onion Gravy	Reduced Sugar Mixed Fruit Oatie Crumble with Custard
	Gluten, Sesame Seeds	Gluten, Sesame Seeds, Soybeans, Sulphur Dioxide	Milk, Gluten
Tuesday	Beef Cottage Pie *	Broccoli & Cauliflower Bake	Chelsea Bun (custard optional)
	Milk, Sesame Seeds	Milk, Gluten, Mustard	Gluten, Milk, Soybeans
Wednesday	Roast Chicken Dinner with Herbs <mark>*</mark> and Gravy	Plain Omelette (cheese optional)	Fresh Fruit Platter, Yoghurt or Cheese & Biscuits
	Sesame Seeds Celery, Sulphur Dioxide	Eggs, Milk	Milk, Gluten
Thursday	Minced Beef & Vegetable Pie <mark>*</mark>	Mixed Vegetable Pitta Pocket with Lentil & Chickpeas, (coleslaw/Salad Bar)	Reduced Apple & Peach Oatie Crumble & Custard
	Eggs, Gluten, Milk, Sesame Seeds	Gluten, Mustard, Milk, Sesame Seeds, Soybeans	Gluten, Milk, Soybean
Friday	Baked Breaded Fish Fillet *	Roasted Vegetable Wrap	Vegetarian Strawberry Mousse
	Fish, Gluten	Gluten, Milk	Milk