

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

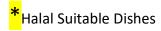
Milk Molluscs

Peanut Sesame

Soya Sulphites

## Please find below the allergens for our main meals and puddings.

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





## **WEEK ONE**

|           | Red Option                                    | Green Option                 | Option                               | Dessert                        |
|-----------|---|------------------------------|--------------------------------------|--------------------------------|
|           | Chicken Masala Curry *                        | Cheese, Tomato & Spinach     | Pasta in a Tomato and Basil          | Apple Pie with Custard         |
| Monday    |   | Pin Wheel                    | Sauce                                |                                |
|           | NONE  | Gluten, Milk                 | Gluten                               | Gluten, Milk                   |
| Tuesday   | Italian Chicken Meatballs with<br>Spaghetti * | Vegetarian Shepherd's Pie    | Jacket Potato with Beans or Coleslaw | Fresh Fruit Platter or Yoghurt |
|           | Gluten, Celery, Soya                          | NONE                         | Egg                                  | Milk                           |
|           | Roast BBQ Chicken Dinner *                    | Vegetarian Sausage Jambalaya | Pasta in Roasted Vegetable           | Yoghurt or                     |
| Wednesday |   |                              | Sauce                                | Cheese & Biscuits              |
|           | NONE  | Soya                         | Gluten                               | Milk, Gluten                   |
|           | Beef Lasagne *                                | Vegetable Lasagne            | Jacket Potato with Beans or          | Carrot Cake                    |
| Thursday  |   |                              | Cheese                               |                                |
|           | Gluten, Milk                                  | Gluten, Milk                 | Milk                                 | Gluten, Egg                    |
|           | Cod Bites *                                   | Vegetarian Chilli Con Carne  |                                      | Pancakes with Fruit Compote    |
| Friday    | _   |                              | GLUTEN FREE AVAILABLE                |                                |
|           | Fish, Gluten                                  | NONE                         |                                      | Gluten, Egg, Milk              |



## **WEEK TWO**

|           | Red Option                    | Green Option                    | Option                      | Dessert                        |
|-----------|-------------------------------|---------------------------------|-----------------------------|--------------------------------|
|           | Chicken in a Bun *            | Vegetable Samosas               | Jacket Potato with          | Fresh Fruit Platter or Yoghurt |
| Monday    | _                             | with New York Deli Slaw         | Beans or Cheese             |                                |
|           | Gluten, Egg, Soya             | Gluten                          | Milk                        | Milk                           |
|           | Lamb Spaghetti Bolognese *    | Asian Noodle Stir Fry           | Pasta in a Tomato and Basil | Apple & Peach Oatie Crumble    |
| Tuesday   |                               |                                 | Sauce                       |                                |
|           | Gluten                        | Gluten, Soya, Egg               | Gluten                      | Gluten                         |
|           | Roast Paprika Chicken Dinner* | Jacket Potato with              | Asian Noodle Stir Fry       | Yoghurt or Cheese & Biscuits   |
| Wednesday | _                             | Cheese or Coleslaw              | With Soy & Honey Salmon     |                                |
|           | NONE                          | Milk, Egg                       | Gluten, Egg, Soya, Fish     | Gluten, Milk                   |
|           | Beef Chilli Con Carne *       | Spanish Vegetable Frittata with | Pasta in Roasted Vegetable  | Eve's Pudding                  |
| Thursday  |                               | <b>Cherry Tomatoes</b>          | Sauce                       |                                |
|           | NONE                          | Milk, Egg                       | Gluten                      | Eggs, Gluten                   |
|           | Fish Fingers *                | Cheese & Tomato Flan            |                             | Ice Cream Pot                  |
| Friday    | _                             |                                 | GLUTEN FREE AVAILABLE       |                                |
|           | Fish, Gluten                  | Gluten, Egg, Milk               |                             | Milk                           |



## **WEEK THREE**

|           | Red Option                               | Green Option                       | Option                      | Dessert                      |
|-----------|--|------------------------------------|-----------------------------|------------------------------|
|           | Chicken Biriyani *                       | Mac & Cheese                       | Pasta in a Tomato and Basil | Fruit Platter or Yoghurt     |
| Monday    | With side salad option                   |                                    | Sauce                       |                              |
|           | NONE                                     | Gluten, Milk, Mustard              | Gluten                      | Milk                         |
|           | Minced Lamb Hotpot                       | Sweet Potato, Chickpea and         | Jacket Potato with          | Apple Crumble                |
| Tuesday   |  | Spinach Curry * (VG)               | Beans or Cheese             |                              |
|           | NONE                                     | NONE                               | Milk                        | Gluten                       |
|           | Roast Chicken Dinner *                   | Vegetarian Sausages in a Yorkshire | Pasta in Roasted Vegetable  | Yoghurt or Cheese & Biscuits |
| Wednesday |  | <b>Pudding with Onion Gravy</b>    | Sauce                       |                              |
| •         |  | Gluten, Milk, Egg, Soybean,        |                             |                              |
|           | NONE                                     | Sulphur Dioxide                    | Gluten                      | Gluten, Milk                 |
|           | <b>Braised Chicken Sausages in Onion</b> | Nasi-Goreng (NO EGGS)              | Jacket Potato with Beans or | Lemon Drizzle Slice          |
| Thursday  | Gravy *                                  | (Stir-Fried Vegetable Rice) (VG)   | Cheese                      |                              |
|           | Gluten, Sulphur Dioxide                  | Gluten, Soya                       | Milk                        | Eggs, Gluten                 |
|           | Breaded Baked Fish Fillet *              | Broccoli & Cauliflower Cheese      |                             | Peach & Pear Pot             |
| Friday    |  | with Sweet Potato Mash             | GLUTEN FREE AVAILABLE       |                              |
|           | Fish, Gluten                             | Milk, Mustard                      |                             | NONE                         |