

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

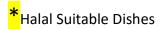
Milk Molluscs

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	Dessert
	Chicken Burger in a bun *	Veggie Burger	Mini Lemon Cheesecake Lattice
Monday			
	Gluten, Sesame Seeds, Milk	Gluten	Milk, Eggs, Gluten
	Beef Lasagne *	Vegetable Lasagne	Apple & Mixed Fruit Oatie Crumble
Tuesday			With Custard
,	Gluten, Eggs, Milk, Mustard	Gluten, Eggs, Milk, Mustard	
			Gluten, Milk, Soybeans
	Roast BBQ Chicken Dinner *	Vegetarian Sausages in a Yorkshire	Fresh Fruit Platter, Yoghurt
Wednesday	With Yorkshire Pudding	Pudding with Onion Gravy	Cheese & Biscuits
	Sesame Seeds, Mustard, Gluten,	Gluten, Milk, Egg, Sesame Seeds,	Milk, Gluten
	Eggs	Soybean, Sulphur Dioxide	
	Lamb Pasta Bolognaise *	Spaghetti with Tomato & Basil	
Thursday		Sauce	Nut Free Carrot Cake
	Gluten	Gluten, Milk	With Custard
		Jacket Potato, Cheese or Beans	
		Milk	Eggs, Gluten, Soybean
Friday	Scampi *	Vegetarian Sausages	Chef's Choice of the Day
	Crustaceans, Gluten, Mustard	Gluten, Soybeans Sulphur Dioxide	PLEASE ASK STAFF FOR ADVICE



WEEK TWO

	Red Option	Green Option	Dessert
Monday	Chicken Goujons on Ciabatta * Gluten, Celery, Mustard, Milk,	Vegetarian Sausage Roll	Reduced Sugar Mixed Fruit Oatie Crumble with Custard
	Sesame Seeds	Gluten, Celery, Eggs, Milk, Mustard	Gluten, Milk, Soybeans
Tuesday	Chicken & Vegetable Casserole * Gluten, Soybean, Celery, Eggs,	Macaroni Cheese	Pancake & Fruit Compote
luesuay	Mustard, Milk	Gluten, Milk, Mustard, Soybeans	Egg, Gluten, Milk
Wednesday	Roast Beef & Gravy	Roasted vegetable and Polenta Slice	Fresh Fruit, Yoghurt or Cheese & Biscuits
	Sesame Seeds	Milk,	Gluten, Milk
Thursday	Chicken Jallof Rice *	Sweet Chili vegetable Stir Fry with Noodles	Banana Cake with Custard
maiouay	Guten	Gluten, Celery, Eggs, Sesame Seeds, Soybeans, Sulphur Dioxide	Milk, Eggs, Gluten
	Cod Bites *	Cheese, Tomato & Spinach Pin Wheel	Chef's Choice of the Day
Friday	Fish, Gluten	Gluten, Milk	PLEASE ASK STAFF FOR ADVICE



WEEK THREE

	Red Option	Green Option	Dessert	
Monday	Braised Chicken Sausages with Onion Gravy *	Vegetarian Sausages with Onion Gravy	Jam Sponge with Custard	
	Gluten, Sesame Seeds	Gluten, Sesame Seeds, Soybeans, Sulphur Dioxide	Gluten, Eggs, Milk	
Tuesday	Beef Cottage Pie *	Seasonal Vegetable & Potato Bake	Reduced Sugar Apple & Peach Oatie Crumble & Custard	
	Milk, Sesame Seeds	Milk, Celery, Gluten	Gluten, Milk, Soybean	
Wednesday	Roast Chicken Dinner *	Roasted Vegetable Frittata	Fresh Fruit Platter or Yoghurt	
	Sesame Seeds, Celery, Sulphur Dioxide	Eggs, Milk	Milk,	
Thursday	Minced Beef & Vegetable Pie *	Mixed Vegetable Pitta Pocket with Lentil & Chickpeas,	Lemon Drizzle Cake With Custard	
	Eggs, Gluten, Milk, Sesame Seeds	Gluten, Milk, Sesame Seeds, Soybeans	Eggs, Gluten, Sulphur Dioxide	
	Baked Breaded Fish Fillet *	Roasted Vegetable Wrap	Chef's Choice of the Day	
Friday	Fish, Gluten	Gluten, Milk	PLEASE ASK STAFF FOR ADVICE	