

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

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

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**

***** Halal Suitable Dishes

WEEK ONE

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

WEEK TWO

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

WEEK THREE

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

