



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.

| Option: Jacket Potato Fillings | |
|---------------------------------------|---------------------------|
| Tuna Mayonnaise | Egg, Fish, Mustard |
| Baked Beans | None |
| Cheese | Milk |
| Coleslaw | Eggs, Mustard |

| Option: Pasta On Monday & Wednesdays | |
|---|----------------------------|
| Pasta with Cheese | Gluten, Milk |
| Pasta in Tomato Sauce | Gluten |
| Jacket Potato with Cheese | Milk |
| Jacket Potato, Tuna Mayo | Eggs, Mustard, Fish |
| Jacket Potato with Beans | None |

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

WEEK TWO

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

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

