

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Vegetable Broth <i>*Celery</i>	Carrot & Lentil <i>*Celery</i>	Tomato & Chorizo <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Milk</i>	Thai Style Vegetable Noodle <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Eggs</i>	Cream of Vegetable <i>*Celery</i> <i>*Milk</i>
Main 1	BBQ Pulled Pork with Steamed Rice <i>*Celery</i> <i>*Gluten: Wheat, Barley</i> <i>*Soybeans</i>	Chicken & Ham Pie, Creamy Mash Potato <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Eggs</i> <i>*Milk</i>	Chicken Wrap & Potato Waffles <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Mustard</i> <i>*Soybeans</i>	Chicken Tikka Masala with Steamed Rice <i>*Milk</i> <i>*MC Mustard</i> <i>*MC Peanuts, Almonds</i> <i>*MC Cashew Nuts</i>	Teriyaki Chicken with Leek & Pepper Stir Fry <i>*Gluten: Wheat</i> <i>*Sesame</i> <i>*Soybeans</i>
Main 2	Beef Lasagne & Garlic Bread <i>*Celery</i> <i>*Gluten: Wheat, Barley</i> <i>*Fish</i> <i>*Milk</i>	Baked Potato with Beans & Cheddar Cheese <i>*Milk</i>	Braised Beef, Baby Potatoes & Steamed Vegetables <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Sulphur D02/Sulphites</i>	Beef Meatballs in a tomato sauce with Spaghetti <i>*Gluten: Oats, Wheat</i> <i>*Eggs</i> <i>*Milk</i> <i>*MC Peanuts, Almonds</i> <i>*MC Cashew Nuts,</i> <i>*MC Sesame</i> <i>*Soybeans</i>	Crisp Battered Cod, Chips & Mushy Peas <i>*Gluten: Wheat</i> <i>*Eggs</i> <i>*Fish</i> <i>*Milk</i>
Vegetarian	Mushroom & Courgette Pasta Bake <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*MC Peanuts, Almonds, Sesame</i> <i>*Cashews</i> <i>*Soybeans</i>	Mixed Bean, Butternut Squash & Vegetable Chilli With Rice —	Chick Pea & Sweet Potato Curry with Rice <i>*Celery</i> <i>*Mustard</i> <i>*Soybeans</i>	Roasted Vegetables & Noodles in a Garlic & Soy Sauce <i>*Gluten: Wheat</i> <i>*Eggs</i> <i>*Soybeans</i>	Vegetable Chilli Mein <i>*Gluten: Wheat</i> <i>*Cashews</i> <i>*Soybeans</i>

- Ingredients in **Red** are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and suppliers to Compass Group believe there is a significant risk that this allergen could contaminate the food. Compass Group take all reasonable steps to avoid any risk of cross contamination however they cannot guarantee that their food is 100% free from a specific allergen.