

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mexican Hot Pot <i>*Milk</i>	Cream of Red Pepper <i>*Celery</i> <i>*Sulphur D02/Sulphites</i>	Leek & Potato <i>*Celery</i> <i>*Sulphur D02/Sulphites</i>	Mulligatawney <i>*Celery</i> <i>*Milk</i> <i>*Mustard</i>	Roasted Red Pepper, Tomato & Thyme <i>*Celery</i>
Main 1	Thyme Roasted Chicken, Paprika Roast Potato & Green Beans <i>*Celery</i> <i>*Milk</i>	Baked Potato with Coronation Chicken <i>*Eggs</i> <i>*Milk</i> <i>*Mustard</i>	Chicken Wrap & Potato Waffles <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Mustard</i> <i>*Soybeans</i>	Creamy Peppered Chicken with Steamed Rice <i>*Celery</i> <i>*Glutens: Wheat</i> <i>*Milk</i> <i>*Soybeans</i> <i>*Sulphur D02/Sulphites</i>	Chicken Curry, Steamed Rice & Poppadom <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Mustard</i>
Main 2	Pasta Bolognaise with Garlic Bread <i>*Celery</i> <i>*Barley</i> <i>*Fish</i> <i>*Wheat</i>	Beef Burger with Chips <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Sulphur D02/Sulphites</i>	Slow Cooked Pork Stroganoff with Saute Potatoes <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Mustard</i> <i>*Soybeans</i> <i>*Sulphur D02/Sulphites</i>	Hotdog & Potato Waffles <i>*Gluten: Wheat</i>	Crisp Battered Cod, Chips & Mushy Peas <i>*Gluten: Wheat</i> <i>*Eggs</i> <i>*Fish</i> <i>*Milk</i>
Vegetarian	Thai Green Vegetable Curry <i>*Celery</i> <i>*Gluten: Wheat</i> <i>*Milk</i> <i>*Soybeans</i>	Vegetable & Mixed Bean Quesadilla <i>*Celery</i> <i>*Gluten: Wheat, Barley</i> <i>*Milk</i> <i>*Soybeans</i>	Quorn Black Bean & Steamed Rice <i>*Gluten: Wheat</i> <i>*Eggs</i> <i>*Soybeans</i> <i>*MC Almonds</i> <i>*MC Cashew Nuts</i>	Roasted Butternut Squash & Roast Pepper Tagine with Herb Cous Cous <i>*Celery</i> <i>*Sulphur D02/Sulphites</i> <i>*Wheat</i>	Blackeye Bean Chilli, Coriander, Spinach & Steamed Rice ---

- 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.