

ALLERGENS

| Week One Monday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Mollsucs | Wheat | Barley | Oats | Rye |
|---------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Sweetcorn Soup | | | | | | | | | | | | | | | | | | |
| Mexican Soup | x | | | | | | | | | | | | | | x | | | |
| Chicken Curry | x | | | | | | | | | | | | | | x | | | |
| Vegetable Biryani | x | | | | | | | | | | | | | | x | | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Chipati | x | | | | | | | | | | | | | | x | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Cauliflower | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |
| Chocolate Cake | x | | x | | | x | x | | | | | | | | x | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Custard | | | | | | | x | | | | | | | | | | | |

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|-----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Potato Soup | | | | | | | | | | | | | | | | | | |
| Chicken & Rice Soup | | | | | | | | | | | | | | | | | | |
| Breaded Haddock | x | | | x | | | | | | | | | | | x | | | |
| Quorn Southern Burger | x | | x | | | x | x | | | | | | | | x | | | |
| Chips | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|-----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken Noodle Soup | x | | x | | | | | | | | | | | | x | | | |
| Lentil Soup | | | | | | | | | | | | | | | | | | |
| Lasagne | x | | | | | | x | | | | | | | | x | | | |
| Quorn Cottage Pie | x | | | | | | x | | | | | | | | | x | | |
| Garlic Bread | x | | | | | | | | | | x | | | | x | x | | |
| Cauliflower | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Tomato Soup | | | | | | | | | | | | | | | | | | |
| Moroccan Chickpea Soup | x | | | | | | | | x | | | | | | x | | | |
| Roast Pork | | | | | | | | | | | | | | | | | | |
| Vegetarian Sausage | x | | | | | x | | | | | | x | | | x | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Rice Pudding | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|-------------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Vegetable Soup | | | | | | | | | | | | | | | | | | |
| Potato & Leek Soup | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|---------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken & Rice Soup | | | | | | | | | | | | | | | | | | |
| Tomato Soup | | | | | | | | | | | | | | | | | | |
| Salmon Fishcakes | x | | x | x | | | x | | | | | | | | x | | x | x |
| Macaroni Cheese | x | | | | | | x | | | | | | | | x | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|--|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Moroccan Chickpea Soup | X | | | | | | | | X | | | | | | X | | | |
| Vegetable Broth | | | | | | | | | | | | | | | | | | |
| Roast Beef | | | | | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Vegetable Meatballs in Tomato Sauce | X | | | | | X | | | | | | X | | | X | | | |
| Yorkshire Pudding | X | | X | | | | X | | | | | | | | X | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Cauliflower | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Orange Cake | X | | X | | | | X | | | | | | | | X | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Custard | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |
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|--|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Roasted Pepper & Butternut Squash Soup | | | | | | | | | | | | | | | | | | |
| Carrot & Coriander Soup | | | | | | | | | | | | | | | | | | |
| Chicken Teriyaki | X | | | | | X | | | | | | | | | X | X | | |
| Quorn Sweet & Sour Vegetables | X | | X | | | | X | | | | | | | | X | | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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|----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Lentil Soup | | | | | | | | | | | | | | | | | | |
| Mexican Soup | X | | | | | | | | | | | | | | X | | | |
| Chicken Pie | X | | | | | | X | | X | | | | | | X | | | |
| Vegetable Potato Pie | | | | | | | X | | | | | | | | | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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|-----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Carrot & Potato Soup | | | | | | | | | | | | | | | | | | |
| Cream of Chicken Soup | x | | | | | | x | | | | | | | | x | | | |
| Panini | x | | x | x | | | x | | | x | x | | | | x | x | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | x | x | | | | | | | | x | x | x | |

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|----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Mexican Soup | x | | | | | | | | x | | | | | | x | | | |
| Sweetcorn Soup | | | | | | | | | | | | | | | | | | |
| Macaroni Cheese | x | | | | | | x | | | x | | | | | x | | | |
| Chicken Fajitas | x | | | | | | | | | | | | | | x | | | |
| Garlic Bread | x | | | | | | | | | | x | | | | x | x | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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|--------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Vegetable Broth | | | | | | | | | | | | | | | | | | |
| Spicy Bean Soup | X | | | X | | | | | | | | | | | | X | | |
| Roast Chicken | | | | | | | | | | | | | | | | | | |
| Mexican Rice | | | | | | | | | X | | | | | | | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Green Beans | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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ALLERGENS

| Week Three Wednesday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken Noodle Soup | x | | x | | | | | | | | | | | | x | | | |
| Lentil Soup | | | | | | | | | | | | | | | | | | |
| Breaded Haddock | x | | | x | | | | | | | | | | | x | | | |
| Spicy Noodles | x | | x | | | x | | | | | | | | | x | | | |
| Chips | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Rice Pudding | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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ALLERGENS

| Week Three Thursday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Potato & Leek Soup | | | | | | | | | | | | | | | | | | |
| Green Pea Soup | | | | | | | | | | | | | | | | | | |
| Mince Pie | X | | | | | | X | | | | | | | | X | | | |
| Potato & Broccoli Bake | X | | | | | | X | | | | | | | | X | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Mixed Vegetables | | | | | | | | | | | | | | | | | | |
| Turnip | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Plain Sponge | X | | X | | | | X | | | | | | | | X | | | |
| Custard | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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ALLERGENS

| Week Three Friday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Tomato Soup | | | | | | | | | | | | | | | | | | |
| Cream of Lentil Soup | | | | | | | x | | | | | | | | | | | |
| Panini | x | | x | x | | | x | | | x | x | | | | x | x | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | x | | | | x | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | x | | | | | | | | | | | |
| Jelly (may contain) | x | | x | | | | x | | | | | | | | x | x | x | |

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ALLERGENS

| Week Four Monday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|----------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Carrot & Coriander Soup | | | | | | | | | | | | | | | | | | |
| Curried Parsnip & Carrot Soup | | | | | | | | | | | | | | | | | | |
| Chicken Fricasse | X | | | | | | X | | | | | | | | X | | | |
| Brazillian Coconut Curry | X | | X | | | | X | X | | | | | | | X | | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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ALLERGENS

| Week Four Tuesday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Spicy Lentil Soup | | | | | | | | | | | | | | | | | | |
| Chicken & Rice Soup | | | | | | | | | | | | | | | | | | |
| Steak Pie | X | | | | | | X | | | | | | | | X | | | |
| Vege Meatballs in Tomato Sauce | X | | | | | X | | | X | | | X | | | X | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Spaghetti | X | | | | | | | | | | | | | | X | | | |
| Cabbage | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Carrot Cake Cookie | X | | X | | | | | | | | | | | | X | | X | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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ALLERGENS

| Week Four Wednesday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Cream of Chicken Soup | X | | | | | | X | | | | | | | | X | | | |
| Tomato Soup | | | | | | | | | | | | | | | | | | |
| Salmon Fishcakes | X | | X | X | | | | | | | | | | | X | X | | |
| Cauliflower Cheese | X | | | | | | X | | | X | | | | | X | | | |
| Potato Wedges | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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ALLERGENS

| Week Four Thursday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Green Pea Soup | | | | | | | | | | | | | | | | | | |
| Potato Soup | | | | | | | | | | | | | | | | | | |
| Chicken Katsu Curry | X | | X | | | X | | | | | | | | | X | | | |
| Quorn Noodles in Black Bean Sauce | X | | X | | | X | X | | | | X | | | | X | | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Peas & Sweetcorn | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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| Week Four Friday | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Potato Soup | | | | | | | | | | | | | | | | | | |
| Cream of Chicken Soup | X | | | | | | X | | | | | | | | X | | | |
| Panini | X | | X | X | | | X | | | | X | | | | X | | | |
| Lettuce | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | X | | | | X | | | | | | | | | | | |
| Grated Carrots | | | | | | | | | | | | | | | | | | |
| Pickled Onions | | | | | | | | | | | | | | | | | | |
| Diced Peppers | | | | | | | | | | | | | | | | | | |
| Beetroot | | | | | | | | | | | | | | | | | | |
| Spring Onions | | | | | | | | | | | | | | | | | | |
| Potato Salad | | | X | | | | X | | | | | | | | | | | |
| Fruit Pot | | | | | | | | | | | | | | | | | | |
| Angel Mousse | | | | | | | X | | | | | | | | | | | |
| Jelly (may contain) | X | | X | | | | X | | | | | | | | X | X | X | |

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