

ALLERGENS

Week One Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Chicken Curry	x								x	x		x			x			
Vegetable Biryani	x								x	x					x			
Rice																		
Chipati	x														x			
Broccoli																		
Cauliflower																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
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											

Last updated: 14/03/24

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Week One Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Breaded Haddock	x			x											x			
Quorn Southern Burger	x		x			x	x								x			
Chips																		
Baked Beans																		
Sweetcorn																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week One Wednesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Lasagne	x						x								x			
Quorn Cottage Pie	x		x				x									x		
Garlic Bread	x										x				x	x		
Cauliflower																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week One Thursday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Roast Pork																		
Vegetarian Sausage	x					x						x			x			
Gravy																		
Potatoes																		
Peas																		
Sweetcorn																		
Lettuce																		
Tomato																		
Cucumber																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Rice Pudding							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week One Friday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							X											
Jelly (may contain)	X		X				X								X	X	X	

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ALLERGENS

Week Two Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Salmon Fishcakes	x		x	x			x								x	x	x	x
Macaroni Cheese	x						x								x			
Potatoes																		
Baked Beans																		
Peas																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week Two Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Roast Beef																		
Gravy																		
Vegetable Meatballs in Tomato Sauce	X					X			X			X			X			
Yorkshire Pudding	X		X				X								X			
Potatoes																		
Carrots																		
Cauliflower																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							X											
Orange Cake	X		X												X			
Fresh Fruit																		
Custard							X											
Jelly (may contain)	X		X				X								X	X	X	

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Week Two Wednesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Chicken Teriyaki	x					x									x	x		
Quorn Sweet & Sour Vegetables	x		x				x								x			
Rice																		
Sweetcorn																		
Broccoli																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week Two Thursday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Chicken Pie	x						x		x						x			
Vegetable Potato Pie							x		x									
Potatoes																		
Peas																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week Two Friday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Panini	x		x	x			x			x	x				x	x		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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ALLERGENS

Week Three Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Macaroni Cheese	x						x								x			
Chicken Fajitas	x														x			
Garlic Bread	x										x				x	x		
Sweetcorn																		
Peas																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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ALLERGENS

Week Three Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Roast Chicken																		
Mexican Rice									x									
Potatoes																		
Carrots																		
Green Beans																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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

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Mince Pie	x						x								x			
Potato & Broccoli Bake	x						x								x			
Potatoes																		
Mixed Vegetables																		
Turnip																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
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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Panini	x		x	x			x			x	x				x	x		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Week Four Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Chicken Fricasse	x						x		x						x			
Brazilian Coconut Curry	x		x				x	x	x						x			
Rice																		
Carrots																		
Broccoli																		
Lettuce																		
Tomato																		
Cucumber																		
Grated Carrots																		
Beetroot																		
Spring Onions																		
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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