

ALLERGEN SHEET

Menu Item	 Celery	 Cereals containing Gluten	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
WEEK ONE	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Chicken Tikka & Potato Masala, Pilau Rice, Poppadoms, Minted Raita (M), Fresh Coriander Salad							✓							
Vegetable Masala, Pilau Rice, Poppadoms, Minted Raita (M), Fresh Coriander Salad							✓							
Chicken Sausages (Wheat/C), BBQ Salsa Sauce, Potato Wedges, Whole Green Beans & Carrots	✓	✓												
Vegan Sausages (Wheat), BBQ Salsa Sauce, Potato Wedges, Whole Green Beans & Carrots		✓												
Vegetable Pilau, Naan Bread (Wheat/M), Curry Salad		✓					✓							
Spanish Paprika Chicken (M), Herby Buttered Baby New Potatoes, Mixed Fresh Vegetables							✓							
Mediterranean Roasted Vegetables (M), Herby Buttered Baby New Potatoes, Mixed Fresh Vegetables							✓							
Chef's Meat Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							
Margarita Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							



Celery



Cereals containing Gluten



Crustaceans (Shellfish)



Eggs



Fish



Lupin



Milk



Molluscs (Shellfish)



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

Menu Item

WEEK TWO

(C)

(CR)

(E)

(F)

(L)

(M)

(MO)

(MU)

(N)

(PN)

(SE)

(SY)

(SD)

Lamb Kofta Kebab (Wheat/SY/SD), Wrap (Wheat), Croquette Potatoes (Wheat), Minted Chilli Sauce, Sweet 'n' Savoury Salad

✓

✓

✓

Chickpea & Spinach Falafel (Wheat), Wrap (Wheat), Potato Wedges, BBQ Sauce, Sweet 'n' Savoury Salad

✓

Chicken Meatballs (Wheat/SD/SY), Tomato & Basil Sauce, Tri-colour Pasta (Wheat), Cheese(M) & Garlic Breads (Wheat/May M/SY), Rocket Salad

✓

✓

✓

✓

Vegan Meatballs (SY), Tomato & Basil Sauce, Tri-colour Pasta (Wheat), Cheese (M), Garlic Breads (Wheat/May M/SY), Rocket Salad

✓

✓

✓

Baguette Sandwiches (Wheat) – Choice of: Tuna Mayonnaise (F), Cheese (M), Chicken Tikka (M), Lettuce, Tomatoes, Cucumber, Crisps

✓

✓

✓

Chicken Jalfezi, Naan Bread (Wheat/M), Chutney, Poppadoms

✓

✓

Lentil & Potato Daal, Naan Bread (Wheat/M), Chutney, Poppadoms

✓

✓

Cheesy (M), Chicken Burger (Wheat/C) Bap (Wheat/M), Shredded Lettuce, Sliced Tomatoes, Chips & Burger Sauce

✓

✓

✓

Southern Fried Vegetable Burger (Wheat/E/M), Bap (Wheat/M), Shredded Lettuce, Sliced Tomatoes, Chunky Chips & Burger Sauce

✓

✓

✓



Celery



Cereals containing Gluten



Crustaceans (Shellfish)



Eggs



Fish



Lupin



Milk



Molluscs (Shellfish)



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

Menu Item

WEEK THREE

(C)

(CR)

(E)

(F)

(L)

(M)

(MO)

(MU)

(N)

(PN)

(SE)

(SY)

(SD)

Chicken & Vegetable Pilau, Naan Bread (Wheat/M), Minted Yogurt(M), Fresh Coriander Salad

✓

✓

Chickpea & Vegetable Pilau, Naan Bread (Wheat/M), Minted Yogurt (M), Fresh Coriander Salad

✓

✓

Jamaican Lamb & Potatoes, Flatbread (Wheat), Mixed Leaf Salad

✓

Jamaican Vegetable Curry, Flatbread (Wheat), Mixed Leaf Salad

✓

Vegetable Masala Pasta (Wheat), Garlic Breads (Wheat/May M/SY), Iceberg Salad

✓

May

May

Chicken Fajita Wrap (Wheat), Tomato Salsa, Cajun Wedges, Cucumber Sticks

✓

Quorn Fajita (Wheat), Wrap (Wheat), Tomato Salsa, Cajun Wedges, Cucumber Sticks

✓

Peperoni Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad

✓

✓

Margarita Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad

✓

✓



Celery



Cereals containing Gluten



Crustaceans (Shellfish)



Eggs



Fish



Lupin



Milk



Molluscs (Shellfish)



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

Menu Item

WEEK FOUR

Breaded Chicken (Wheat/C), Curry Sauce (Wheat/MU), Rice with Spring Onions, Carrot Sticks

✓

✓

✓

Spring Roll (Wheat/C/SY/May MU/SE), Curry Sauce (Wheat/MU), Steamed Basmati Rice & Spring Onions, Carrot Sticks

✓

✓

May

May

✓

Homemade Donner, Pitta Bread (Wheat), Kebab Salad, Corn Nachos & Chilli Sauce

✓

Spiced Quorn Pieces (Wheat), Pitta Bread (Wheat), Kebab Salad, Corn Nachos & Chilli Sauce

✓

Chickpea, Potato & Spinach Curry, Pilau Rice, Tomato & Cucumber Salad, Minted Raita (M)

✓

Build Your Own Taco, Mexican Chicken, Salsa, Sour Cream (M), Grated Cheese(M), Salad

✓

Build Your Own Vegan Quorn (Wheat), Taco, Salsa, Sour Cream (M), Grated Cheese(M), Salad

✓

✓

Breaded Fish (Wheat/F), Chunky Chips, Mushy Peas, Tomato Ketchup

✓

✓

Breaded Vegetable Fingers (Wheat), Chunky Chips, Mushy Peas, Tomato Ketchup.

✓



Celery



Cereals containing Gluten



Crustaceans (Shellfish)



Eggs



Fish



Lupin



Milk



Molluscs (Shellfish)



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

Menu Item

DESSERTS / BISCUITS

(C)

(CR)

(E)

(F)

(L)

(M)

(MO)

(MU)

(N)

(PN)

(SE)

(SY)

(SD)

Cookies (Wheat)



Marble Sponge Cake (Wheat)



Biscoff Brownie (Wheat)



Oreo Crumble Cake (Wheat)



Sugar Ring Doughnuts (Wheat)



Shortbreads (Wheat)



Chocolate Drizzle Cake (Wheat)



Sprinkle Sponge Cake (Wheat)



Choc Chip Brownie (Wheat/Oats)



Muffins (Wheat/E/M/SY/May SE)



May



Flapjacks (Oat/May Barley)



Oat Biscuits (Oat/May Barley)

