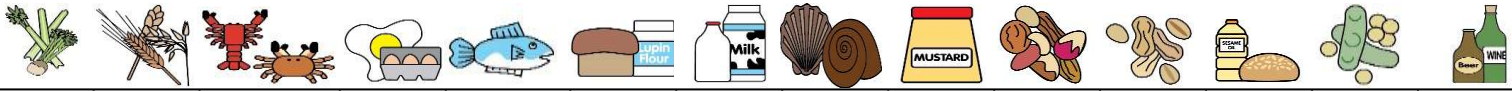
Allergens Matrix



Week 1 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Margherita pizza														
Vegetarian Tagine with couscous														
Jacket potato														
Baked beans														
Peas														
Sweetcorn														
Mousse with fruit														
Week 1 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Cumberland sausages														
Vegetarian sausages														
Jacket potato														
Cheese														
Mashed potato														
Broccoli														
Cauliflower														
Gravy														
Rce pudding														
Week 1 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast chicken														
Yorkshire puddings														
Gravy														
Vegetable wellington														
jacket potato														
Tuna mayo														
Roast potatoes														
Carrots														
Cabbage														
Fruity flapjack														
Week 1 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Bolognaise														
Quorn Bolognaise														
wholewheat pasta														
jacket potato														
Cheese														
Seasonal vegetables														
Fruit crumble														
Custard														
Week 1 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Fish fingers														
BBQ quorn wrap														
Jacket potato														
Baked beans														
Chips														
Peas														
Ice cream														

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Week 2 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Shepards pie (Lamb)														
Macaroni Cheese														
jacket potato														
Baked beans														
Cheese														
Peas														
Sweetcorn														
Fruit salad														
Week 2 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Beef lasagne														
Vegetable Pasta bake														
Jacket potato														
Cheese														
Tuna mayo														
Pasta														
Seasonal vegetables														
Fruit jelly														
Week 2 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Roast gammon														
Yorkshire puddings														
Gravy														
Veggie toad in the hole														
Jacket potato														
Cheese														
Roast potatoes														
Carrots														
Cabbage														
Oat biscuits														
Week 2 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Mild Chicken curry														
Mild butternut squash and chickpea curry														
Jacket potato														
Tuna mayo														
Cheese														
Rice 50/50														
Seasonal vegetables														
Marble cake														
Week 2 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Beef burgers														
Spicy bean burgers														
Jacket potato														
Baked beans														
Cheese														
Chips														
Peas														
Ice Cream														

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Week 3 Monday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Homemade sausage roll (Pork)														
Vegetable wrap														
Jacket potato														
Cheese														
Baked beans														
Herby diced potatoes														
Peas														
Sweetcorn														
Chocolate krispy cake														
Week 3 Tuesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Mediterranean Chicken casserole														
Vegetarian Casserole														
jacket potato														
Cheese														
50/50 Rice														
seasonal vegetables														
Sultana Sponge														
Custard														
Week 3 Wednesday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Molluscs	Peanuts	Sesame	Soya	Sulphur D
Roast Turkey														
Yorkshire puddings														
Gravy														
Roast Quorn fillets														
jacket potato														
Tuna mayo														
Cheese														
roast potatoes														
carrots														
cabbage														
Orange and Mango Sorbet														
Week 3 Thursday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Molluscs	Peanuts	Sesame	Soya	Sulphur D
Meatballs in a Tomato sauce (Pork and beef)														
Pasta bean pesto														
jacket potato														
Cheese														
Wholemeal Pasta														
seasonal vegetables														
shortbread biscuits														
Week 3 Friday	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Egg	Sesame	Soya	Sulphur D
Chicken goujons														
Cheese and onion quiche														
Jacket potato														
Baked beans														
Chips														
Peas														
Ice cream														

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	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur D
Jacket Potato with Cheese														
Jacket Poato with Baked Beans														
Jacket Potato with Tuna														
Bread														