

Dishes and their allergen content –

WEEK 1 – Roast Turkey dinner (Thursday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---------------------|-------------|---------------------------|-------------|-------------|------|-------|-------------|---------|-------------|------|---------|--------------|-------------|-----------------|
| Roast Turkey | | | | | | | | | | | | | | |
| Roast potatoes | | | | | | | | | | | | | | |
| Cabbage | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | |
| Stuffing | May Contain | ✓ | | | | | May Contain | | | | | | | |
| Gravy | ✓ | ✓ | | May Contain | | | ✓ | | May Contain | | | | May Contain | |
| Vegan Quorn Fillets | | ✓ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Brownie | | ✓ | | ✓ | | | May Contain | | | | | | May Contain | |

Dishes and their allergen content –

WEEK 2 – Ham & Cheese Panini with Tortilla Chips (Monday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------------------------|--------|---------------------------|-------------|------|------|-------|-------------|---------|---------|------|---------|--------------|-------------|-----------------|
| Ham & Cheese Panini | | ✓ | | | | | ✓ | | | | | | | |
| Tortilla Chips | | May Contain | | | | | | | | | | | May Contain | |
| Carrots | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | |
| Vegetarian Cheese Panini | | ✓ | | | | | ✓ | | | | | | | |
| | | | | | | | | | | | | | | |
| Carrot Cake | | ✓ | | ✓ | | | May Contain | | | | | | | |

Dishes and their allergen content –

WEEK 2 – Chinese Chicken Curry & Fried Rice (Tuesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Chicken | | | | | | | | | | | | | | |
| Curry Sauce | | ✓ | | | | | | | ✓ | | | | | |
| Fried Rice | | | | | | | | | | | | | ✓ | |
| Peas | | | | | | | | | | | | | | |
| Vegan Quorn Fillet | | ✓ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Bananas | | | | | | | | | | | | | | |
| Toffee Sauce | | | | | | | ✓ | | | | | | | |

Dishes and their allergen content –
WEEK 2 – Roasted Gammon (Thursday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|------------------------|--------|---------------------------|-------------|-------------|------|-------|------|---------|-------------|------|---------|--------------|-------------|-----------------|
| Roast Gammon | | | | | | | | | | | | | | |
| Roast potatoes | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | |
| Cabbage | | | | | | | | | | | | | | |
| Gravy | ✓ | ✓ | | May Contain | | | ✓ | | May Contain | | | | May Contain | |
| Vegan Meatballs | | ✓ | | | | | | | | | | | | |
| Vegan Gravy | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Scones wit Jam & Cream | | ✓ | | | | | ✓ | | | | | | ✓ | |

Dishes and their allergen content –

WEEK 3 – Pizza Pocket (Monday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-------------------|---------------|----------------------------------|--------------------|-------------|-------------|--------------|-------------|----------------|----------------|-------------|----------------|---------------------|-------------|------------------------|
| Pizza Pocket | | ✓ | | | | | ✓ | | | | | | | |
| Tortilla Chips | | | | | | | | | | | | | | |
| Veg Sticks | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Chocolate Cake | | ✓ | | ✓ | | | | | | | | | | |
| Chocolate Custard | | | | | | | ✓ | | | | | | | |

Dishes and their allergen content –

WEEK 3 – Chicken Korma with Boiled Rice (Tuesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-----------------|---------------|----------------------------------|--------------------|-------------|-------------|--------------|-------------|----------------|----------------|-------------|----------------|---------------------|-------------|------------------------|
| Chicken Korma | | | | | | | ✓ | | | | | | | |
| Boiled Rice | | | | | | | | | | | | | | |
| Naan Bread | | ✓ | | | | | | | | | | | | |
| Vegan Korma | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Frozen Yoghurts | | | | | | | ✓ | | | | | | | |

Dishes and their allergen content –

WEEK 3 – Beef Burger with Diced Potatoes (Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Beef Burger | | ✓ | | | | | | | | | | | ✓ | ✓ |
| Bread Bun | | ✓ | | | | | | | | | | | ✓ | |
| Diced Potatoes | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | |
| Vegetarian Quorn Burger | | ✓ | | ✓ | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| School Cake | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |

Dishes and their allergen content –

WEEK 3 – Sausage, Mash, Yorkshire Pudding and Gravy (Thursday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---------------------|--------|---------------------------|-------------|-------------|------|-------|------|---------|-------------|------|---------|--------------|-------------|-----------------|
| Butcher's Sausages | | | | | | | | | | | | | | |
| Mashed Potatoes | | | | | | | ✓ | | | | | | | |
| Yorkshire Pudding | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Peas | | | | | | | | | | | | | | |
| Gravy | ✓ | ✓ | | May Contain | | | ✓ | | May Contain | | | | May Contain | |
| Vegan Quorn Sausage | | ✓ | | | | | | | | | | | | |
| Vegan Gravy | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Trifle | | | | | | | ✓ | | | | | | | |

Dishes and their allergen content –
WEEK 3 – Fish fillet burger, Chips and Beans (Friday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-----------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|-------------|-----------------|
| Fish fillet | | ✓ | | | ✓ | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Beans | | | | | | | | | | | | | | |
| Vegetarian Garlic Mushrooms | | | | | | | | | | | | | | |
| Creamy Sauce | | | | | | | ✓ | | | | | | | |
| | | | | | | | | | | | | | | |
| Cookie | | ✓ | | ✓ | | | ✓ | | | | | | May Contain | |