| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-----------------|--------|---------------------------|-------------|------|----------|-------|----------|---------|----------|------|---------|-----------------|----------|--------------------|
| Mayo | | | | ✓ | | | | | ✓ | | | | | |
| Ham | | | | | | | | | | | | | | |
| Tuna Mayo | | | | ✓ | ✓ | | | | ✓ | | | | | |
| Coleslaw | | | | ✓ | | | | | ✓ | | | | | |
| Cheese | | | | | | | ✓ | | | | | | | |
| Margarine | | | | | | | ✓ | | | | | | | |
| Wraps | | √ | | | | | | | | | | | | |
| Buns 50/50 | | ✓ | | | | | | | | | | | ✓ | |
| Pepperoni | | | | | | | | | | | | | | |
| Tiger Roll | | | | | | | | | | | | | ✓ | |
| French Stick | | | | | | | | | | | | | ✓ | |
| Crackers | | √ | | | | | | | | | | | | |

Dishes and their allergen content – WEEK 1 – Chilli Beef (Monday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|----------------------------|----------|---------------------------|-------------|----------------|------|-------|----------|---------|----------------|------|---------|-----------------|----------------|--------------------|
| Beef Chilli Con Carne | √ | ✓ | | May Contain | | | √ | | May Contain | | | | May Contain | |
| Boiled Rice | | | | | | | | | | | | | | |
| Fine Green Beas | | | | | | | | | | | | | | |
| Vegetarian Chilli Quorn | | ✓ | | √ | | | | | | | | | | |
| Lemon Drizzle Cake | | √ | | √ | | | ✓ | | | | | | √ | |
| | | | | | | | | | | | | | | |

Dishes and their allergen content –

WEEK 1 – Sweet & Sour Chicken with Noodles (Tuesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-----------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|-----------------|------|--------------------|
| Sweet & Sour Chicken | | | | | | | | | | | | | | |
| Noodles | | ✓ | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | |
| Vegan Sweet & Sour Quorn | | | | | | | | | | | | | | |
| Shortbread | | ✓ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

Dishes and their allergen content — WEEK 1 – Home made sausage roll, mash and beans (Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---------------------------------------|--------|---------------------------|-------------|----------|------|-------|----------|---------|---------|------|---------|-----------------|------|--------------------|
| Sausage Roll | | √ | | | | | √ | | | | | | | √ |
| Mashed Potato | | | | | | | ✓ | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Vegetarian Cheese & Onion Pasty | | √ | | | | | ✓ | | | | | | | |
| Crepes | | ✓ | | √ | | | ✓ | | | | | | | |
| Fruit Sauce | | | | | | | | | | | | | | |

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 | |

Dishes and their allergen content — WEEK 1 — Battered Fish Fillet, Chips and Peas (Friday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|----------------------|--------|---------------------------|-------------|----------|----------|-------|----------|---------|---------|------|---------|-----------------|------|--------------------|
| Fish Fillet | | ✓ | | | ✓ | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | |
| Vegetarian Burger | | ✓ | | √ | | | √ | | | | | | | |
| Flapjack | | √ | | | | | | | | | | | | |

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 | | 1 | | √ | | | 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 – Spaghetti Bolognaise (Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|-----------------|----------|---------------------------|-------------|----------------|------|-------|----------|---------|----------------|------|---------|-----------------|------|--------------------|
| Bolognaise | √ | ✓ | | May Contain | | | √ | | May Contain | | | | | |
| Pasta | | ✓ | | | | | | | | | | | | |
| Garlic Bread | | ✓ | | | | | | | | | | | | |
| Vegan Ragu | | | | | | | | | | | | | | |
| Ginger Biscuit | | ✓ | | √ | | | | | | | | | | |

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 2 — Fish, Chips and mushy peas/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 | | | | | | | | | | | | | | |
| Mushy Peas | | | | | | | | | | | | | | |
| Omlette | | | | ✓ | | | | | | | | | | |
| Oaty Cruch Biscuit | | √ | | | | | | | | | | | | |

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 | |