Dishes and their allergen content -

## DELI Allergens

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur Dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mayo |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Ham |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna <br> Mayo |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Margarine |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Wraps |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{array}{\|l\|} \hline \text { Buns } \\ 50 / 50 \\ \hline \end{array}$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Pepperoni |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tiger Roll |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| French Stick |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Crackers |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |

Dishes and their allergen content WEEK 1 - Jacket Potatoes (Monday)


## Dishes and their allergen content -

## WEEK 1 - Sweet Chilli Chicken \& Boiled Rice (Tuesday)



Dishes and their allergen content -

## WEEK 1 - Pulled Pork \& BBQ Beans(Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{\|l} \hline \text { Bread } \\ \text { Barm } \end{array}$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Pork |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Vegetarian Burger |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple Crumble \& Cream |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

Dishes and their allergen content -

## WEEK 1 - Roast Turkey dinner (Thursday)

| DISHES | Celery | Cereals <br> containing <br> gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur <br> Dioxide |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Turkey |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roarlic <br> potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gravy | $\checkmark$ | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn <br> Fillets |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Oaty <br> Crunch <br> Biscuits |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |

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 | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fish Cakes |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Jam <br> Tarts |  | $\checkmark$ |  | May contain |  |  | May contain |  |  | May contain | May contain |  | May contain | May contain |  |

Dishes and their allergen content WEEK 2 - Jacket Potatoes (Monday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jacket potato |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Tuna Mayo |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |
| Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lettuce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cucumber |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lemon <br> Drizzle <br> Cake |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

Dishes and their allergen content -
WEEK 2 - Chicken Tikka Wraps \& Rice (Tuesday)


## Dishes and their allergen content -

## WEEK 2 - Beef Burger in a Bun (Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Beef Burger | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |
| Bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Burger |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Millionaire Shortbread |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

Dishes and their allergen content WEEK 2 - Roasted Ham (Thursday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Roast <br> Ham |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gravy | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable <br> Pie |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Victoria Sponge Cake |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  | May Contain | May Contain |  |  | May Contain | May Contain |

Dishes and their allergen content -
WEEK 2 - Fish fingers, Mashed Potato \& Baked Beansand peas (Friday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur <br> Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fish <br> Fingers |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |
| Mash Potato |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Baked <br> Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese \& Onion Pasty |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jelly |  |  |  |  |  |  | May contain |  |  |  |  |  |  | May contain |  |

Dishes and their allergen content -

## WEEK 3 - Cheese \& Onion Pie (Monday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cheese \& Onion Pie |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |
| Baked <br> Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot Cake |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |

Dishes and their allergen content -

## WEEK 3 - Homemade BBQ Sauce \& Chicken (Tuesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur <br> Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Savoury Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Corn on Cob |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| BBQ <br> Quorn <br> Fillet |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Jaffa Cake |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

## Dishes and their allergen content -

## WEEK 3 - Spaghetti Bolognaise (Wednesday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Spaghetti <br> Bolognaise | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |
| Pasta |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Garlic Bread |  | $\checkmark$ |  |  |  |  |  |  |  | May contain coconut |  |  |  |  | $\checkmark$ |
| Quorn Mince |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flapjacks |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Dishes and their allergen content -

## WEEK 3 - Sausage, mash and gravy (Thursday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Butcher's Sausages |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Yorkshire <br> Pudding |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Mash |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Gravy | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Sausage |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ginger Biscuit |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |

Dishes and their allergen content -
WEEK 3 - Fish fingers, chips and peas (Friday)

| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame <br> Seeds | Soya | Sulphur <br> Dioxide | Garlic |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fish fillet |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |
| Bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fried Egg \& Cheese Muffin |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Toffee Tarts |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

