There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

**Gluten Celery**

**Crustaceans Egg**

**Fish Lupin**

**Mustard Nut**

**Milk Molluscs**

**Peanut Sesame**

**Soya Sulphites**

**Please find below the allergens for our main meals and puddings.**

The yoghurt that we provide as an option each day for our puddings contains **Milk**

\*Halal Suitable Dishes

 **WEEK ONE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Chicken Masala Curry \*****NONE** | **Cheese, Tomato & Spinach****Pin Wheel****Gluten, Milk** | **Pasta in a Tomato and Basil Sauce****Gluten** | **Apple Pie with Custard****Gluten, Milk** |
| **Tuesday** | **Italian Chicken Meatballs with Spaghetti \*****Gluten, Celery, Soya** | **Vegetarian Shepherd’s Pie****NONE** | **Jacket Potato with Beans or Coleslaw****Egg** | **Fresh Fruit Platter or Yoghurt****Milk** |
| **Wednesday** | **Roast BBQ Chicken Dinner \*****NONE** | **Vegetarian Sausage Jambalaya****Soya** | **Pasta in Roasted Vegetable Sauce****Gluten** | **Yoghurt or****Cheese & Biscuits****Milk, Gluten** |
| **Thursday** | **Beef Lasagne \*****Gluten, Milk** | **Vegetable Lasagne****Gluten, Milk** | **Jacket Potato with Beans or Cheese****Milk** | **Carrot Cake****Gluten, Egg** |
| **Friday** | **Cod Bites \*****Fish, Gluten** | **Vegetarian Chilli Con Carne****NONE** | **GLUTEN FREE AVAILABLE** | **Pancakes with Fruit Compote****Gluten, Egg, Milk**  |

 **WEEK TWO**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Chicken in a Bun \*****Gluten, Egg, Soya** | **Vegetable Samosas** **with New York Deli Slaw****Gluten**  | **Jacket Potato with** **Beans or Cheese** **Milk** | **Fresh Fruit Platter or Yoghurt****Milk**  |
| **Tuesday** | **Lamb Spaghetti Bolognese \*****Gluten** | **Asian Noodle Stir Fry****Gluten, Soya, Egg**  | **Pasta in a Tomato and Basil Sauce****Gluten** | **Apple & Peach Oatie Crumble****Gluten** |
| **Wednesday** | **Roast Paprika Chicken Dinner\*****NONE** | **Jacket Potato with** **Cheese or Coleslaw****Milk, Egg** | **Asian Noodle Stir Fry****With Soy & Honey Salmon****Gluten, Egg, Soya, Fish** | **Yoghurt or Cheese & Biscuits****Gluten, Milk** |
| **Thursday** | **Beef Chilli Con Carne \*****NONE**  | **Spanish Vegetable Frittata with Cherry Tomatoes****Milk, Egg** | **Pasta in Roasted Vegetable Sauce****Gluten** | **Eve’s Pudding****Eggs, Gluten** |
| **Friday** | **Fish Fingers \*****Fish, Gluten** | **Cheese & Tomato Flan****Gluten, Egg, Milk** | **GLUTEN FREE AVAILABLE** | **Ice Cream Pot****Milk** |

 **WEEK THREE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Chicken Biriyani \*****With side salad option** **NONE** | **Mac & Cheese****Gluten, Milk, Mustard** | **Pasta in a Tomato and Basil Sauce****Gluten** | **Fruit Platter or Yoghurt****Milk** |
| **Tuesday** | **Minced Lamb Hotpot****NONE** | **Sweet Potato, Chickpea and Spinach Curry \* (VG)****NONE** | **Jacket Potato with** **Beans or Cheese** **Milk** | **Apple Crumble****Gluten** |
| **Wednesday** | **Roast Chicken Dinner \*****NONE** | **Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy****Gluten, Milk, Egg, Soybean, Sulphur Dioxide** | **Pasta in Roasted Vegetable Sauce****Gluten** | **Yoghurt or Cheese & Biscuits****Gluten, Milk** |
| **Thursday** | **Braised Chicken Sausages in Onion Gravy \*****Gluten, Sulphur Dioxide** | **Nasi-Goreng (NO EGGS)****(Stir-Fried Vegetable Rice) (VG)****Gluten, Soya** | **Jacket Potato with Beans or Cheese****Milk** | **Lemon Drizzle Slice****Eggs, Gluten** |
| **Friday** | **Breaded Baked Fish Fillet \*****Fish, Gluten** | **Broccoli & Cauliflower Cheese with Sweet Potato Mash****Milk, Mustard** | **GLUTEN FREE AVAILABLE** | **Peach & Pear Pot****NONE** |