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** |