

ALLERGEN MENU

SUMMER 2023

AUTUMN 2023

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

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

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**

If a dessert is served with custard, it will contain **Milk**

* Halal Suitable Dishes

WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Masala Curry * NONE	Pasta in a Tomato and Basil Sauce (VG) Gluten	Jacket Potato with Beans or Cheese Milk	Fresh Fruit Platter or Yoghurt Milk
Tuesday	Lamb Lasagne * Gluten, Milk	Asian Noodle Stir Fry Gluten, Soya, Egg	Jacket Potato with Cheese or Tuna Mayo Milk, Egg, Fish	Apple Pie with Custard Gluten, Milk, Egg
Wednesday	Roast BBQ Chicken Dinner * NONE	Pasta with Grated Courgette & Nut Free Pesto Gluten, Milk	Jacket Potato with Beans or Coleslaw Egg	Yoghurt or Cheese & Biscuits Milk, Gluten
Thursday	Lamb Chilli Con Carne * NONE	Vegetable Lasagne Gluten, Milk	Jacket Potato with Lamb Chilli Con Carne or Cheese Milk	Pancakes with Fruit Compote Gluten, Egg, Milk
Friday	Fish Fingers * Fish, Gluten	Cheese, Tomato & Spinach Pin Wheel Gluten, Milk	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot Milk

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken in a Bun *	Spicy Bean Burger in a Bun (VG)	Jacket Potato with Beans or Cheese	Fruit Platter or Yoghurt
	Gluten, Egg, Soya	Gluten	Milk	Milk
Tuesday	Lamb Spaghetti Bolognese *	Pasta in Roasted Vegetable Sauce (VG)	Jacket Potato with Cheese or Tuna Mayo	Apple & Peach Oatie Crumble with Custard
	Gluten	Gluten	Milk, Egg, Fish	Gluten, Milk, Egg
Wednesday	Roast Paprika Chicken Dinner *	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy	Jacket Potato with Beans or Coleslaw	Yoghurt or Cheese & Biscuits
	NONE	Gluten, Milk, Egg, Soybean, Sulphur Dioxide, Celery	Egg	Gluten, Milk
Thursday	Chicken Biryani * With side salad option	Mac & Cheese	Jacket Potato with Chilli Con Carne or Cheese	Carrot Cake with Custard
	NONE	Gluten, Milk, Mustard	Milk	Gluten, Milk, Egg
Friday	Fish Fingers *	Vegetable Sausage Roll (VG)	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot
	Fish, Gluten, Soya	Celery, Eggs, Gluten, Milk, Mustard		Milk

WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	BBQ Chicken Pizza * Gluten, Milk	Cheese & Tomato Pizza Gluten, Milk	Jacket Potato with Beans or Cheese Milk	Fruit Platter or Yoghurt Milk
Tuesday	Lamb Hotpot * NONE	Vegan Spaghetti Bolognese (VG) Gluten	Jacket Potato with Cheese or Tuna Mayo Milk, Egg, Fish	Apple Crumble with Custard Gluten, Milk, Egg
Wednesday	Roast Chicken Dinner * NONE	Pasta in Roasted Vegetable Sauce (VG) Gluten	Jacket Potato with Beans or Coleslaw Egg	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Braised Chicken & Beef Sausages in Onion Gravy * Gluten, Sulphur Dioxide, Soya	Vegetarian Sausages in Onion Gravy Gluten, Soya, Celery	Jacket Potato with Chilli Con Carne or Cheese Milk	Lemon Drizzle Cake Gluten, Egg
Friday	Fish Fingers * Fish, Gluten, Soya	Vegetable and Bean Burrito (VG) Gluten	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot Milk

