

# ALLERGEN MENU

## SPRING 2024

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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**

The fillings for the Jacket Potato option contain the following Allergens:

- Cheese (**Milk**)
- Tuna Mayonnaise (**Fish, Egg**)
- Coleslaw (**Egg**)
- Baked Beans (**NONE**)

\* Halal Suitable Dishes

(VG) Vegan Option

## 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, Cheese or Tuna  See allergen advice on the first page	Fresh Fruit Platter or Yoghurt  Milk
Tuesday	Lamb Lasagne *  Gluten, Milk	Asian Noodle Stir Fry  Gluten, Soya, Egg	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	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, Cheese or Tuna  See allergen advice on the first page	Yoghurt or Cheese & Biscuits  Milk, Gluten
Thursday	Lamb Chilli Con Carne *  NONE	Vegetable Lasagne  Gluten, Milk	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	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
<b>Monday</b>	Chicken in a Bun *  Gluten, Egg, Soya	Spicy Bean Burger with Potato Wedges (VG)  Gluten	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	Fruit Platter or Yoghurt  Milk
<b>Tuesday</b>	Lamb Spaghetti Bolognese *  Gluten	Pasta in Roasted Vegetable Sauce (VG)  Gluten	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	Apple & Peach Oatie Crumble with Custard  Gluten, Milk, Egg
<b>Wednesday</b>	Roast Paprika Chicken Dinner *  NONE	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy Gluten, Milk, Egg, Soybean, Sulphur Dioxide, Celery	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	Yoghurt or Cheese & Biscuits  Gluten, Milk
<b>Thursday</b>	Chicken Biryani * With side salad option  NONE	Mac & Cheese  Gluten, Milk, Mustard	Jacket Potato with Beans, Cheese or Tuna  See allergen advice on the first page	Carrot Cake with Custard  Gluten, Milk, Egg
<b>Friday</b>	Fish Fingers *  Fish, Gluten, Soya	Vegetable Sausage Roll (VG)  Celery, Eggs, Gluten, Milk, Mustard	<b>GLUTEN FREE OPTION AVAILABLE ON REQUEST</b>	Ice Cream Pot  Milk

**WEEK THREE**

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