Public

Regular Menu Cycle 4 Weeks 1 to 3 Allergen & Dietary Information

Main Meals			Sandwiches & Fillings		
Menu Item	**Contains Allergens**	**Suitable for Diets**	**Menu Item**	**Contains Allergens**	**Suitable for Diets**
GF Chicken Goujons in S & S Sauce	**Celery**	GF, DF, H	Bread	**Gluten, Soya**	V, Ve, DF, H, P
Vegetable Nuggets in S & S Sauce	**Celery, Gluten**	DF, V, Ve, P, H	DF Butter	**No Allergens**	GF, DF, V, Ve, H, P,
Vegan Burger (MM)	**Gluten, Soya**	DF, V, Ve, P, H	Cheese	**Milk**	GF, V, H, P,
Cheese & Onion Whirls	**Gluten, Milk, Soya, Lupin, Mustard**	V, H, P	Dairylea	**Milk**	GF, V, H, P,
Pork Sausage	**Gluten, Sulphites**	DF	Ham	**No Allergens**	GF, DF, V, Ve,
Quorn Vegan Sausage	**Gluten**	DF, V, Ve, P, H			
Minced Beef Lasagne	**Gluten, Egg, Soya, Mustard**				
Veg & Lentil Lasagne	**Gluten, Soya, Egg Mustard**	V, H, P			
Breaded Fish Fillet Square	**Gluten, Fish, Mustard**	DF, H, P			
Minced Quorn Pasty	**Gluten, Soya, Egg Lupin, Mustard**	DF, V, P, H	Jacket Potato & Fillings		
Cheese & Tomato Pizza	**Gluten, Milk**	V, H, P	Jacket Potato	**No Allergens**	V, Ve, GF, DF, H, P
Meat Free Chicken Burger	**Gluten, Soya**	DF, V, Ve, P, H	Baked Beans	**No Allergens**	V, Ve, GF, DF, H, P
Beef Bolognese	**No Allergens**	GF, DF	Salad	**No Allergens**	V, Ve, GF, DF, H, P
Vegetarian Mince Bolognese	**Soya**	GF, DF, V, Ve, H, P	Accompaniments to Main Meals		
Roast Chicken Breast	**No Allergens**	GF, DF,	Potatoes	**No Allergens**	V, Ve, GF, DF, H, P
Roast Quorn Fillet	**Gluten**	DF, V, Ve, P, H	Vegetables	**No Allergens**	V, Ve, GF, DF, H, P
GF Pork Meatballs	**Soya, Sulphites**	GF, DF	Gravy	**No Allergens**	V, Ve, GF, DF, H, P
Caterveg Plant Balls	**Soya**	GF, DF, V, Ve, H, P	Pasta Shapes	**Gluten**	V, Ve, DF, H, P
Fish Finger	**Gluten, Fish**	DF, H, P	Crusty Bread	**Gluten**	V, Ve, DF, H, P
Sweet Potato Falafel	**Gluten**	DF, V, Ve, P, H	Garlic Bread	**Gluten, Milk, Soya**	V, H, P
Tomato & Basil Sauce	**No Allergens**	GF, DF, V, Ve, P, H	Plain Rice	**No Allergens**	V, Ve, GF, DF, H, P
Macaroni Cheese	**Gluten, Milk**	V, P, H	Vegetable Rice	**No Allergens**	V, Ve, GF, DF, H, P

KEY

V	Ve	DF	GF	H	P
Vegetarian	Vegan	Dairy Free	Gluten Free	Halal Certified	Pescatarian

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Chicken Curry	**Celery, Gluten, Eggs, Milk, Mustard, Soya**		Burger Bun	**Gluten, Sesame**	V, Ve, DF, H, P
Vegetable Curry	**Celery, Gluten, Eggs, Milk, Mustard, Soya**	V, P, H	Jacket Potato	**No Allergens**	V, Ve, GF, DF, H, P
Roast Beef	**No Allergens**	GF, DF	Wholewheat Pasta	**Gluten**	V, Ve, DF, H, P
Bacon	**No Allergens**	DF, GF	Potato Smiley Faces	**Gluten**	V, Ve, DF, H, P
Scrambled Egg	**Egg, Milk**	V, P, GF, H	Tomatoes	**No Allergens**	V, Ve, GF, DF, H, P
Bubble Crumb Fish	**Fish**	DF, GF, H, P	Tortilla Wrap	**Gluten**	V, Ve, DF, H, P
Vegan Sausage Roll (TR)	**Gluten**	V, Ve, P, H, DF			
Daily Dessert Selection					
Cheese	**Milk**	V, GF, H, P	Fresh Fruit	**No Allergens**	V, Ve, GF, DF, H, P
Biscuits	**Gluten**	V, Ve, DF, H, P	Yoghurts	**Milk**	V, GF, H, P
Raisins	**Sulphites**	V, Ve, DF, GF, H, P			
Dessert of the Day					
Ice Cream Roll	**Milk, Gluten, Egg, Soya**	V, H, P	Shortbread Biscuit	**Gluten, Soya**	V, Ve, DF, H, P
Fruit Jelly with Peaches	**No Allergens**	V, Ve, H, GF, DF, P	Apple Muffins	**Gluten, Soya, Eggs**	V, DF, H, P
Banana Muffin	**Gluten, Soya, Eggs**	V, DF, H, P	Sticky Toffee Pudding	**Gluten, Soya, Eggs**	V, DF, H, P
Jam Sponge	**Gluten, Eggs, Soya, Sulphites**	V, H, DF, P	Custard	**Milk**	V, GF, H, P
Chocolate Cornflake Cookie	**Gluten, Soya**	V, Ve, DF, H, P	Frozen Yoghurt	**Milk**	V, GF, H, P
Fruit Muffin	**Gluten, Soya, Eggs**	V, DF, H, P	Marble Cake	**Gluten, Soya, Eggs**	V, DF, H, P
Chocolate & Pear Sponge	**Gluten, Soya, Eggs**	V, DF, H, P	Chocolate Sauce	**Milk**	V, GF, H, P
Apple Flapjack	**Gluten**	DF, V, Ve, P, H	Oat & Raisin Cookie	**Gluten, Soya,**	DF, V, Ve, P, H
Cornflake Tart	**Gluten, Sulphites, Soya**	DF, V, Ve, P, H			

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