| ALLERGENS        | AUTUMNWINTER 202          |        | XC         | ONTA | INS AL | ERGENS  |         | ASSESSED ON |        | 14/0 | 8/2023 | 3        |      |         |         |
|------------------|---------------------------|--------|------------|------|--------|---------|---------|-------------|--------|------|--------|----------|------|---------|---------|
| Week 1 Monday    | Dish                      | Celery | Shell Fish | Fish | Milk   | Mustard | Peanuts | Soya        | Gluten | Eggs | Lupin  | Molluscs | Nuts | Seasame | Sulphur |
| Main             | Beef Bolognaise           | Х      |            |      |        |         |         | Х           |        |      |        |          |      |         |         |
| Side             | GF Penne Pasta            |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Side             |                           |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Dessert          | Pears & Alpro Yoghurt     |        |            |      |        |         |         | Х           |        |      |        |          |      |         |         |
| Week 1 Tuesday   | Dish                      | Celery | Shell Fish | Fish | Milk   | Mustard | Peanuts | Soya        | Gluten | Eggs | Lupin  | Molluscs | Nuts | Seasame | Sulphur |
| Main             | BBQ Chicken               |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Side             | Wedges & Salad            |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Dessert          | GF/DF Vanilla Short Bread |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Week 1 Wednesday | Dish                      | Celery | Shell Fish | Fish | Milk   | Mustard | Peanuts | Soya        | Gluten | Eggs | Lupin  | Molluscs | Nuts | Seasame | Sulphur |
| Main             | Beef Tacos                |        |            |      |        |         |         |             | MC     |      |        |          |      |         |         |
| Side             | Rice & Sweetcorn          |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Dessert          | GF/DF Allotment Cake      |        |            |      |        |         |         |             |        | Х    |        |          |      |         |         |
| Week 1 Thursday  | Dish                      | Celery | Shell Fish | Fish | Milk   | Mustard | Peanuts | Soya        | Gluten | Eggs | Lupin  | Molluscs | Nuts | Seasame | Sulphur |
| Main             | Roast Chicken             |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Side             | Crispy Roast Potatoes     | MC     |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Side             | Brocoli, Carrots & Gravy  |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Dessert          | Fresh Fruit               |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Week 1 Friday    | Dish                      | Celery | Shell Fish | Fish | Milk   | Mustard | Peanuts | Soya        | Gluten | Eggs | Lupin  | Molluscs | Nuts | Seasame | Sulphur |
| Main             | Bubble Fish               |        |            | Х    |        |         |         |             |        |      |        |          |      |         |         |
| Side             | Chips                     |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Side             | Beans                     |        |            |      |        |         |         |             |        |      |        |          |      |         |         |
| Dessert          | GF/DF Chocolate Cookie    |        |            |      |        |         |         |             |        |      |        |          |      |         |         |