

ALLERGENS		AUTUMN/WINTER 2023		X CONTAINS ALLERGENS					ASSESSED ON 14/08/2023						
Week 1 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seesame	Sulphur
Main	Beef Bolognese & Pasta	X							X						
Vegetarian	Quorn Bolognese & Pasta							X	X						
Side															
Side	Peas/Carrots														
Dessert	Chocolate Custard & Pears				X										
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 1 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seesame	Sulphur
Main	BBQ Chicken Wraps								X						
Vegetarian	Quorn Shawarma								X	X				X	
Side	Wedges														
Side	Salad														
Dessert	Vanilla Shortbread								X						
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Bean														
Tuna	Jacket Potato & Tuna			X						X					
Week 1 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seesame	Sulphur
Main	Beef Tacos								MC						
Vegetarian	Baked Veg Korma														
Side	Rice														
Side	Sweetcorn														
Dessert	Allotment Cake								X	X					
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 1 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seesame	Sulphur
Main	Roast Chicken														
Vegatarian	Next Level Macaroni Cheese				X	X			X						
Side	Crispy Roast Potatoes	MC													
Side	Brocoli, Carrots & Gravy														
Dessert	Fruit Flapjack								X						
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 1 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seesame	Sulphur
Main	Fish N Chips			X					X						
Vegetarian	Carrot & Chickpea Curry with Rice								X						
Side	Chips														
Side	Beans														
Dessert	Chocolate Cookie								X						
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					