

ALLERGENS	AUTUMN WINTER 2023		X CONTAINS ALLERGENS						ASSESSED ON 14/08/2023						
Week 3 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	All Day Breakfast							X	X	X					X
Vegetarian	Quorn Breakfast								X	X					
Side															
Side															
Dessert	Pancakes				X				X	X					
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 3 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Piri Piri Chicken														
Vegetarian	Vegetable Goulash														
Side	Wedges														
Side	Salad														
Dessert	Chocolate & Beetroot Brownie								X	X					
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 3 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Katsu Curry								X	X					
Vegetarian	Quorn Katsu Curry								X	X					
Side	Rice														
Side	Green Beans														
Dessert	Vanilla Cheesecake				X			MC	X	MC					
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 3 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Beef				X				X	X					
Vegetarian	Vegetable Lasagne				X			X	X	X					
Side	Crispy Roast Potatoes	MC													
Side	Cabbage, Carrots & Gravy														
Dessert	Jam & Coconut Sponge				X				X	X					X
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					
Week 3 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Fish Cake			X					X						
Vegetarian	Veggie Pasty				X				X	X					
Vegetarian	Chips														
Side	Beans														
Dessert	Banana Cake				X				X	X					
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna			X						X					