

ALLERGENS		ENU AUTUMNWINTER 2023			X CONTAINS ALLERGENS					ASSESSED ON 14/08/2023					
Week 2 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Gluten Free Sausages							X							X
Side	Potato Wedges & Beans														
Dessert	GF/DF Lemon & Orange Cake									X					
Week 2 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Vegan	Beef Chilli Con Carne														
Side	Rice														
Side	Peas														
Dessert	Alpro Yoghurt							X							
Week 2 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Gluten Free Baked Sausages							X							X
Side	Mash														
Side	Vegetables														
Dessert	GF/DF Spiced Pumpkin Cake									X					
Week 2 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Pork														
Side	Crispy Roast Potatoes	MC													
Side	Cabbage, Cauliflower & Gravy														
Dessert	GF/DF Pineapple Cake									X					
Week 2 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Bubble Fish			X											
Side	Chips														
Side	Peas														
Dessert	GF/DF Chocolate & Vanilla Marble Cake									X					