

ALLERGENS	MENU AUTUMNWINTER 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 GF Sausages							X							
Side															
Dessert	Fresh Fruit														
Week 3 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Vegetable Goulash														
Side															
Side															
Dessert	GF/DF Chocolate & Beetroot Brownie									X					
Week 3 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Jacket Potato														
Side															
Side															
Dessert	GF/DF Vanilla Shortbread														
Week 3 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Beef														
Side	Crispy Roast Potatoes	MC													
Side	Cabbage, Carrots & Gravy														
Dessert	GF/DF Jam & Coconut Cake									X					
Week 3 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Bubble Fish			X											
Side	Chips														
Side	Beans														
Dessert	GF/DF Banana Cake									X					