

ALLERGENS	SUMMER ALLERGENS 2026		X CONTAINS ALLERGENS						ASSESSED ON 05/03/2026						
Week 3 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Beef Meatballs								X						
Vegetarian	Vegan Meatballs in a Tomato Sauce							X							
Side	Spaghetti								X						
Side	Petits Pois														
Dessert	Fresh Fruit Slices														
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna or Salmon			X						X					
Week 3 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Chinese Chicken Curry							X	X						
Vegetarian	Chinese Vegetable Noodles							X	X	X					
Side	50/50 Rice														
Side	Sweetcorn														
Dessert	Fruit Yoghurt				X										
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X				X						
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna or Salmon			X						X					
Week 3 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Chicken & Tomato Lasagne				X				X	X					
Vegetarian	Meat Free Lasagne				X			X	X	X					
Side	Mixed Salad Sticks														
Side	Garlic Bread				MC			MC	X						
Dessert	Cheese & Digestive Biscuits				X				X						
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna or Salmon			X						X					
Week 3 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Chicken & Stuffing								X						
Vegetarian	Roast Quorn Fillet				X					X					
Side	Roast Potatoes														
Side	Country Vegetables & Gravy														
Dessert	Manderins														
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna or Salmon			X						X					
Week 3 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Battered Fish			X						X					
Vegetarian	Vegetarian Wellington							X	X						
Side	Chips														
Side	Peas														
Dessert	Jam & Coconut Sponge with Custard				X				X	X					X
Jacket Potato	Jacket Potato														
Cheese	Jacket Potato & Cheese				X										
Beans	Jacket Potato & Beans														
Tuna	Jacket Potato & Tuna or Salmon			X						X					