Allergens **Menu Nov 18 to Feb 19** **✓ contains allergen** **Assessed on 02/07/18.**

Week 1 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Baked Pork Sausages							✓	✓						✓
Vegetarian	Baked Quorn Sausages				✓				✓	✓					
Side	Mashed Potatoes														
Vegetable	Baked Beans														
Dessert	Fruit Jelly														
GF & DF Main	Pork Loin														
GF & DF Vegetarian	Quorn Ratatouille									✓					
GF & DF Side	Mashed Potatoes														
GF & DF Vegetable	Baked Beans														
GF & DF Dessert	Fruit Jelly														
Vegan Main	Vegan Sausage							✓	✓						
Vegan Side	Mashed Potatoes														
Vegan Vegetables	Baked Beans														
Vegan Dessert	Fruit Jelly														

Week 1 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Turkey & Gravy														
Vegetarian	Quorn Fillet & Gravy									✓					
Side	New Potatoes														
Vegetable	Farmhouse Vegetables														
Dessert	Marble Cake				✓			✓	✓	✓					
GF & DF Main	Roast Turkey & Gravy														
GF & DF Vegetarian	Quorn Fillet & Gravy									✓					
GF & DF Side	New Potatoes														
GF & DF Vegetable	Farmhouse Vegetables														
GF & DF Dessert	Jam Muffin									✓					
Vegan Main	Savoury Vegetables in Tomato Sauce														
Vegan Side	New Potatoes														
Vegan Vegetables	Farmhouse Vegetables														
Vegan Dessert	Fruit Cookie														

Week 1 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Beef Burger & Bun & Tom Sauce							✓	✓						✓✓
Vegetarian	Vegetable Burger & Bun & Tom Sauce				✓	✓			✓						✓✓
Side	Herb Dice Potatoes								✓						
Vegetable	Sweetcorn														
Dessert	Chocolate Mousse				✓										
GF & DF Main	Baked Chicken & Gravy														
GF & DF Vegetarian	Veg & Chick Pea Casserole														
GF & DF Side	Mashed Potatoes														
GF & DF Vegetable	Sweetcorn														
GF &DF Dessert	Alpro Yoghurt							✓							
Vegan Main	Sweet Potato & Onion Bake with Gravy	✓													
Vegan Side	Mashed Potatoes														
Vegan Vegetables	Sweetcorn														
Vegan Dessert	Alpro Yoghurt							✓							

Week 1 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Pasta Bolognaise	✓							✓						
Vegetarian	Vegetable Pasta Bolognaise	✓						✓	✓						
Side	Garlic Bread				✓				✓					✓	
Vegetable	Green Beans														
Dessert	Fruit Yoghurt				✓										
GF & DF Main	Pasta Bolognaise	✓													
GF & DF Vegetarian	Vegetable Pasta Bolognaise	✓													
GF & DF Side	Garlic Bread														
GF & DF Vegetable	Green Beans														
GF & DF Dessert	Sultana Muffin									✓					
Vegan Main	Vegetable Bolognaise Pasta Bake	✓						✓	✓						
Vegan Side	Garlic Bread														
Vegan Vegetables	Green Beans														
Vegan Dessert	Sultana Cookie														

Week 1 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Breaded Fish Fingers	✓		✓	✓			✓	✓	✓		✓			
Vegetarian	Vegetable Nuggets								✓						
Side	Chips														
Vegetable	Garden Peas & Tomato Ketchup														
Dessert	Fruit Cake				✓			✓	✓	✓					
GF & DF Main	Bubble Crumb Fish Fillet			✓											
GF & DF Vegetarian	Vegetable Crumble														
GF Side	Chips														
GF Vegetable	Garden Peas & Tomato Ketchup														
GF Dessert	Fruit Cookie														
Vegan Main	Baked Vegetable Crumble														
Vegan Side	Chips														
Vegan Vegetables	Garden Peas & Ketchup														
Vegan Dessert	Fruit Cookie														