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

Week 2 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Mild Chicken Curry				✓										
Vegetarian	Vegetable & Chickpea Curry				✓										
Side	Rice														
Vegetable	Sweetcorn														
Dessert	Fruit Yoghurt				✓										
GF & DF Main	Chicken with Tomato & Pepper Sauce														
GF & DF Vegetarian	Vegetable & Chickpea Casserole							✓							
GF & DF Side	Rice														
GF & DF Vegetable	Sweetcorn														
GF & DF Dessert	Alpro Dessert							✓							
Vegan Main	Vegetable & Chickpea Casserole							✓							
Vegan Side	Rice														
Vegan Vegetables	Sweetcorn & Peas														
Vegan Dessert	Alpro Dessert							✓							

Week 2 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Pork & Gravy														
Vegetarian	Quorn Fillet & Gravy									✓					
Side	Roast Potatoes														
Vegetable	Carrots & Green Beans														
Dessert	Chocolate Cake				✓			✓	✓	✓					
GF & DF Main	Roast Pork & Gravy														
GF & DF Vegetarian	Quorn Fillet & Gravy									✓					
GF & DF Side	Roast Potatoes														
GF & DF Vegetable	Carrots & Green Beans														
GF & DF Dessert	Chocolate Muffin									✓					
Vegan Main	Sweet Potato & Onion Bake	✓													
Vegan Side	Roast Potatoes														
Vegan Vegetables	Carrots & Green Beans														
Vegan Dessert	Fruit Cocktail														

Week 2 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Savoury Minced Beef	✓													
Vegetarian	Savoury Vegetable Mince	✓						✓	✓						
Side	Mashed Potatoes														
Vegetable	Garden Peas														
Dessert	Oaty Apple Crumble & Custard				✓			✓	✓	✓					
GF & DF Main	Savoury Minced Beef	✓													
GF & DF Vegetarian	Savoury Vegetables in Tomato Sauce														
GF & DF Side	Mashed Potatoes														
GF & DF Vegetable	Garden Peas														
GF & DF Dessert	Fruit Jelly														
Vegan Main	Savoury Vegetable Mince							✓	✓						
Vegan Side	Mashed Potatoes														
Vegan Vegetables	Garden Peas														
Vegan Dessert	Fruit Jelly														

Week 2 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Savoury Pork Boston Bake														
Vegetarian	Quorn Sausage				✓				✓	✓					
Side	New Potatoes														
Vegetable	Farmhouse Vegetables														
Dessert	Strawberry Mousse				✓										
GF & DF Main	Baked Chicken Fillet														
GF & DF Vegetarian	Baked Quorn Fillet									✓					
GF & DF Side	New Potatoes														
GF & DF Vegetable	Farmhouse Vegetables														
GF & DF Dessert	Fruit Cocktail														
Vegan Main	Tomato & Pepper Pizza														
Vegan Side	New Potatoes														
Vegan Vegetables	Farmhouse Vegetables														
Vegan Desset	Fruit Cocktail														

Week 2 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Breaded Fish Cake			✓					✓						
Vegetarian	Vegetable Burger				✓	✓			✓						
Side	Chips														
Vegetable	Baked Beans														
Dessert	Sultana Flapjack								✓						
GF & DF Main	Fish Fillet in Tomato Sauce			✓											
GF & DF Vegetarian	Vegetable Casserole														
GF& DF Side	Chips														
GF & DF Vegetable	Baked Beans														
GF & DF Dessert	Sultana Muffin									✓					
Vegan Main	Vegan Sausage							✓	✓						✓
Vegan Side	Chips														
Vegan Vegetables	Baked Beans														
Vegan Dessert	Sultana Flapjack								✓						