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

| Week 3 Monday | Dish | Celery | Shell Fish | Fish | Milk | Mustard | Peanuts | Soya | Cereal/Gluten | Eggs | Lupin | Molluscs | Nuts | Seasame | Sulphur |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| Main | Pork Meatballs & Tomato Sauce | ✓ | | | | | | | | | | | | | ✓ |
| Vegetarian | Quorn Meatballs in omato Sauce | | | | | | | | ✓ | ✓ | | | | | |
| Side | Rice | | | | | | | | | | | | | | |
| Vegetable | Sweetcorn & Peppers | | | | | | | | | | | | | | |
| Dessert | Pineapple Upsidedown Cake & Custard | | | | ✓ | | | ✓ | ✓ | ✓ | | | | | |
| | | | | | | | | | | | | | | | |
| GF & DF Main | Pork Meatballs & Tomato Sauce | ✓ | | | | | | | | | | | | | ✓ |
| GF & DF Vegetarian | Vegetable & Chickpea Casserole | | | | | | | ✓ | | | | | | | |
| GF & DF Side | Rice | | | | | | | | | | | | | | |
| GF & DF Vegetable | Sweetcorn & Peppers | | | | | | | | | | | | | | |
| GF & DF Dessert | Pineapple Cookie | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Vegan Main | Vegan Meatballs & Tomato Sauce | | | | | | | ✓ | ✓ | | | | | | |
| Vegan Side | Rice | | | | | | | | | | | | | | |
| Vegan Vegetables | Sweetcorn & Peppers | | | | | | | | | | | | | | |
| Vegan Dessert | Pineapple Cookie | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

| Week 3 Tuesday | Dish | Celery | Shell Fish | Fish | Milk | Mustard | Peanuts | Soya | Cereal/Gluten | Eggs | Lupin | Molluscs | Nuts | Seasame | Sulphur |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| Main | Roast Beef & Gravy | | | | | | | | | | | | | | |
| Vegetarian | Quorn Fillet & Gravy | | | | | | | | | ✓ | | | | | |
| Side | Roast Potatoes | | | | | | | | | | | | | | |
| Vegetable | Carrots & Green Beans | | | | | | | | | | | | | | |
| Dessert | Raspberry Mousse | | | | ✓ | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| GF & DF Main | Roast Beef & Gravy | | | | | | | | | | | | | | |
| GF & DF Vegetarian | Quorn Fillet & Gravy | | | | | | | | | ✓ | | | | | |
| GF & DF Side | Roast Potatoes | | | | | | | | | | | | | | |
| GF & DF Vegetable | Carrots & Green Beans | | | | | | | | | | | | | | |
| GF & DF Dessert | Alpro Dessert | | | | | | | ✓ | | | | | | | |
| | | | | | | | | | | | | | | | |
| Vegan Main | Sweet Potato & Onion Bake | ✓ | | | | | | | | | | | | | |
| Vegan Side | Roast Potatoes | | | | | | | | | | | | | | |
| Vegan Vegetables | Carrots & Green Beans | | | | | | | | | | | | | | |
| Vegan Dessert | Alpro Dessert | | | | | | | ✓ | | | | | | | |
| | | | | | | | | | | | | | | | |

| Week 3 Wednesday | Dish | Celery | Shell Fish | Fish | Milk | Mustard | Peanuts | Soya | Cereal/Gluten | Eggs | Lupin | Molluscs | Nuts | Seasame | Sulphur |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| Main | Hot Dogs & Bun | | | | | | | ✓ | ✓ | | | | | ✓ | ✓ |
| Vegetarian | Vegetable Hot Dogs & Bun | | | | | | | | ✓ | | | | | ✓ | |
| Side | Jacket Potatoes | | | | | | | | | | | | | | |
| Vegetable | Baked Beans | | | | | | | | | | | | | | |
| Dessert | Fruit Yoghurt | | | | ✓ | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| GF & DF Main | Pork Loin | | | | | | | | | | | | | | |
| GF & DF Vegetarian | Veg & Mixed Bean Casserole | | | | | | | | | | | | | | |
| GF & DF Side | Jacket Potato Wedges | | | | | | | | | | | | | | |
| GF &DF Vegetable | Baked Beans | | | | | | | | | | | | | | |
| GF & DF Dessert | Sultana Muffin | | | | | | | | | ✓ | | | | | |
| | | | | | | | | | | | | | | | |
| Vegan Main | Vegan Sausauge | | | | | | | ✓ | ✓ | | | | | | |
| Vegan Side | Jacket Potato Wedges | | | | | | | | | | | | | | |
| Vegan Vegetables | Baked Beans | | | | | | | | | | | | | | |
| Vegan Dessert | Fruit Salad | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

| Week 3 Thursday | Dish | Celery | Shell Fish | Fish | Milk | Mustard | Peanuts | Soya | Cereal/Gluten | Eggs | Lupin | Molluscs | Nuts | Seasame | Sulphur |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| Main | Chicken Breast in Gravy | | | | | | | | | | | | | | |
| Vegetarian | Baked Vegetable Crumble | | | | | | | | | | | | | | |
| Side | Mash Potato | | | | | | | | | | | | | | |
| Vegetable | Farmhouse Vegetables | | | | | | | | | | | | | | |
| Dessert | Fruit Jelly | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| GF & DF Main | Chicken Breast in Gravy | | | | | | | | | | | | | | |
| GF & DF Vegetarian | Baked Vegetable Crumble | | | | | | | | | | | | | | |
| GF & DF Side | Mash Potato | | | | | | | | | | | | | | |
| GF & DF Vegetable | Farmhouse Vegetables | | | | | | | | | | | | | | |
| GF & DF Dessert | Fruit Jelly | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Vegan Main | Baked Vegetable Crumble | | | | | | | | | | | | | | |
| Vegan Side | Mash Potato | | | | | | | | | | | | | | |
| Vegan Vegetables | Farmhouse Vegetables | | | | | | | | | | | | | | |
| Vegan Dessert | Fruit Jelly | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

| Week 3 Friday | Dish | Celery | Shell Fish | Fish | Milk | Mustard | Peanuts | Soya | Cereal/Gluten | Eggs | Lupin | Molluscs | Nuts | Seasame | Sulphur |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| Main | Breaded Fish Fingers | ✓ | | ✓ | ✓ | | | ✓ | ✓ | ✓ | | ✓ | | | |
| Vegetarian | Cheese & Tomato Pizza | | | | ✓ | | | | ✓ | | | | | | |
| Side | Chips | | | | | | | | | | | | | | |
| Vegetable | Garden Peas & Tomato Ketchup | | | | | | | | | | | | | | |
| Dessert | Carrot Cake | | | | ✓ | | | ✓ | ✓ | ✓ | | | | | |
| | | | | | | | | | | | | | | | |
| GF & DF Main | Bubble Breaded Fish Fillet | | | ✓ | | | | | | | | | | | |
| GF & DF Vegetarian | Savoury Vegetables in Tom Sauce | | | | | | | | | | | | | | |
| GF & DF Side | Chips | | | | | | | | | | | | | | |
| GF & DF Vegetable | Garden Peas | | | | | | | | | | | | | | |
| GF & DF Dessert | Lemon Cookie | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Vegan Main | Savoury Vegetables in Tom Sauce | | | | | | | | | | | | | | |
| Vegan Side | Chips | | | | | | | | | | | | | | |
| Vegan Vegetables | Garden Peas | | | | | | | | | | | | | | |
| Vegan Dessert | Lemon Cookie | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |