

Summer/Autumn Menu Week 3 Allergen

Monday

1. BBQ Chicken, Wholegrain Rice and Green Beans.

1. BBQ Chicken Contains **Mustard**

V. BBQ Quorn, Wholegrain Rice, Green Beans.

V. BBQ Quorn Contains **Wheat** and **Mustard**

2. Jacket Potato, Cheese, green Salad

2. **Vegan Cheese**

A. Mango and Orange Sorbet

B. Fruit

Tuesday

1. Ham Topped Macaroni Cheese, Garlic Bread, Sweet Corn.

1. **Gluten Free Pasta, Soya Milk** Contains **Soya Vegan Cheese. Gluten Free/Dairy Free Garlic Bread.**

V. Macaroni Cheese, Garlic Bread, Sweetcorn.

V. **Gluten Free Pasta, Soya Milk** Contains **Soya Vegan Cheese. Gluten Free/Dairy Free Garlic Bread.**

2. Chicken Mayo Wrap Packed Lunch
(Chicken Mayo Filled Wraps, Nachos, Apricots or Raisins)

2. Chicken Mayo Wrap **Gluten Free Wrap** and **Mustard** Apricots Contain **Sulphites.**

A. Sticky Orange Cake

B. Fruit

A. **Sticky Orange Cake – No Added Allergens**

Wednesday

1. Roast Gammon, New Potatoes, Seasonal Vegetables
And Gravy

V. Vegetable Sausage, New Potatoes, Seasonal Vegetables And Gravy.

V. Vegetable Sausages Contains **Oats** and **Barley**

2. Tuna Mayo Baguette Packed Lunch
(Tuna Mayo Sandwich, Nachos, Raisins or Apricots)

2. Tuna Baguette – **Gluten Free Baguette.** Tuna Mayo Contains **Fish** and **Mustard**
Apricots Contain **Sulphites**

A. Ginger Cake

B. Fruit

A. **Ginger Cake – No Added Allergens**

Thursday

1. Traditional Cottage Pie, Peas and Baby Carrots.

1. Cottage Pie Contains **Celery.** Potatoes – **No Added Allergens**

V. Meat Free Cowboy Pie, Peas, Baby
Carrots.

V. Meat Free Cowboy Pie Contains **Mustard, Barley and Oats. Potatoes – No Added Allergens.**

2. Ham Salad
(Gammon Ham, Gluten Free Roll or Cream Crackers for Dairy Free)
Mixed Salad, Potato Salad)

2. **Gluten Free Roll.** Cream Crackers Contain **Wheat**
Potato Salad Contains **Mustard**

A. Soya Dessert and Mandarins

B. Fruit

A. **Soya Dessert Contains Soya**

Friday

1. Gluten Free Fish, Chips, Baked Beans.

1. Gluten Free Fish Contains **Fish**

V. Vegan Sausage Roll, Chips and Baked Beans

V. Vegan Sausage Roll Contains **Wheat**

2. Jacket Potato, Baked Beans and Mixed Salad

A. Vanilla Cookie and Fruit Slices

B. Fruit

A. **Vanilla Cookie – No Added Allergens**