

ALLERGY INFORMATION

Day **Monday**

Week **1**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Macaroni Cheese		✓																
Vegetable Hot Pot	✓																	
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Green Beans																		
Carrots																		
Ice Cream									✓									
Mr Nourish Biscuits			✓															
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Tuesday**

Week **1**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
BBQ Pulled Chicken in a Bun																		
Herby Tomato Penne Pasta		✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Rainbow Rice																		
Sweetcorn																		
Courgette																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Wednesday
Week	1

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Roast Turkey & Gravy																		
Cheesy Vegetable Burrito		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Roast Potatoes																		
Jollof Rice																		
Cabbage																		
Carrots																		
Peach Sponge			✓								✓							
Mr Nourish Biscuit			✓															
Fruit Pots									✓									
Yoghurt																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Thursday
Week	1

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Chicken Pie			✓															
Cheesy Vegetable Burrito		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
New Potatoes																		
Seasonal Vegetables																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Friday**

Week **1**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Fish Fingers																		
Cheese & Spinach Pinwheel																		
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Chips																		
Peas																		
Baked Beans																		
Coleslaw																		
Banana Bar			✓															✓
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Monday**

Week **2**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Vegetable Pie	✓	✓	✓															
Cheese & Bean Quesadilla		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
New Potatoes																		
Seasonal Vegetable																		
Banana in Chocolate Custard									✓									
Mr Nourish Biscuit			✓															
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Tuesday**

Week **2**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Sweet Chicken Curry																		
Cheese Topped Pasta Bake		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Rice																		
Carrots																		
Cauliflower																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Wednesday
Week	2

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Roast Chicken & Gravy																		
Caribbean Pasty	✓	✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Roast Potatoes																		
Jollof Rice																		
Broccoli																		
Sweetcorn																		
Crispy Cake					✓				✓									✓
Mr Nourish Biscuit			✓															
Fruit Pots																		
Yoghurt									✓									
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Thursday
Week	2

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Shepherds Pie																		
Cheesy Pasta Twists		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Carrots																		
Green Beans																		
Fruit Jelly																		
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Friday**

Week **2**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Chicken Goujons			✓															
Summer Frittata		✓									✓							
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Chips																		
Peas																		
Baked Beans																		
Cucumber Sticks																		
Caramel Cookie			✓						✓									
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Monday**

Week **3**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Margherita Pizza		✓	✓		✓				✓									
Loaded Cajun Bean Wedges	✓	✓																
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
New Potatoes																		
Sweetcorn																		
Peppers																		
Strawberry Mousse									✓									
Mr Nourish Biscuit			✓															
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Tuesday**

Week **3**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Sweet & Sour Chicken																		
Cheesy Pasta Bows		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Rice																		
Cauliflower																		
Carrots																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Wednesday
Week	3

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Toad in the Hole			✓					✓	✓		✓							
Vegetable Toad in the Hole		✓	✓						✓		✓							
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Roast Potatoes																		
Cabbage																		
Peas																		
Beetroot Cake			✓								✓							
Mr Nourish Biscuit			✓															
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Thursday
Week	3

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Penne Turkey Bolognese			✓															
Rice & Bean Burrito		✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Baked Wedges																		
Seasonal Vegetables																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Friday**

Week **3**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Fish Fingers			✓							✓								
Cheesy Bean Slice		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Chips																		
Peas																		
Baked Beans																		
Coleslaw											✓							
Brownie			✓								✓							
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Monday**

Week **4**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Meatfree Meatballs & Pasta	✓	✓	✓															
Quorn Sausage & Bean Pie	✓	✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Cauliflower																		
Carrots																		
Peach Crumble			✓															
Custard									✓									
Mr Nourish Biscuit			✓															
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Tuesday**

Week **4**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Moussaka			✓						✓									
Cheesy Pasta Twists		✓	✓						✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
New Potatoes																		
Seasonal Vegetables																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Wednesday
Week	4

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Roast Chicken & Gravy																		
Vegan Sausage Roll	✓	✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Roast Potatoes																		
Jollof Rice																		
Green Beans																		
Carrots																		
Chocolate Cornflake Cake																		✓
Mr Nourish Biscuit			✓															
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day	Thursday
Week	4

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Chicken Fajitas			✓			✓												
Tomato Spaghetti	✓	✓	✓															
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Rice																		
Sweetcorn																		
Side Salad																		
Fruit Jelly	✓	✓																
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							

ALLERGY INFORMATION

Day **Friday**

Week **4**

Food Item	Vegan	Vegetarian	1. Wheat Gluten	2. Crustaceans	3. Soybean	4. Mustard	5. Sesame	6. Sulphites / Sulphur Dioxide	7. Milk	8. Fish	9. Egg	10. Peanuts	11. Molluscs	12. Celeriac / Celery	13. Nuts	14. Lupin	15. Oat Gluten	16. Barley Gluten
Salmon Fish Cakes			✓						✓	✓								
Margherita Pizza		✓	✓		✓				✓									
Jacket Potato with Baked Beans																		
Jacket Potato with Cheese									✓									
Jacket Potato with Tuna Mayo										✓	✓							
Chips																		
Peas																		
Baked Beans																		
Carrot Sticks																		
Oaty Biscuit			✓															✓
Yoghurt									✓									
Fruit Pots																		
Selection of Salads											✓							
Homemade Bread			✓		✓				✓		✓							