

Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Week 1 Monday	British Sausage Casserole	British Sausage	✓													✓	
		Casserole															
		Herb Buttered Potatoes															
		Steamed Broccoli															
		Rich Onion Gravy															
Monday	Pesto Penne	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Pesto									✓						
		Penne	✓														
		Broccoli															
		Tomatoes															
		Spinach															
		Feta									✓						
		Garlic Slice	✓						✓		✓						✓
		Chefs' Slaw											✓		✓		
		Salad															
Monday	Apple & Berry Crumble	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Crumble	✓							✓							
		Custard	✓						✓	✓	✓						
Monday	Japanese Katsu Chicken	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Katsu Chicken	✓							✓							
		Curry	✓							✓		✓					
		Fragrant Rice															
Tuesday	Our Specialty Curries	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Curry Base	✓								✓	✓		✓			
		Garnishes & Accompaniments	✓								✓	✓		✓			
Tuesday	Cherry & Chocolate Cake	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Cake	✓						✓	✓							
Tuesday	Turkish Lamb Kofta	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Lamb Kofta	✓								✓						
		Yoghurt & Mint Dip										✓					
Wednesday	Roast Turkey	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Roast Turkey															
		Roast Potatoes															
		Seasonal Vegetables															
		Rich Gravy															
Wednesday	Cheese & Roast Vegetable Quiche	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Filled Quiche	✓						✓	✓	✓						
		Roast Vegetables															
		Roast Potatoes															
		Seasonal Vegetables															
Wednesday	Apple & Berry Sponge	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Sponge	✓						✓	✓							
Wednesday	Korean Chicken	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Korean Chicken							✓	✓							
		Chilli & Coriander Dip															
Thursday	Mediterranean Chicken	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Mediterranean Chicken															
		Rice															
		Spring Cabbage															
		Carrots															
Thursday	Roasted Vegetable Fajitas	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Fajita Vegetables											✓				
		Wrap	✓								✓						
		Rice															
		Corn															
Thursday	Iced Carrot Cake	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Carrot Cake	✓						✓	✓	✓						
Thursday	Mexican Chilli Beef Nachos	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Chilli Beef											✓				
		Nachos															
		Salsa															
Friday	Classic Hamburger	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Beef Burger	✓							✓							
		Bun	✓													✓	
		Salad & Pickles															
		Chips															
		Baked Beans															
		Chefs' Slaw											✓		✓		
		Salad															
Friday	Spicy Beanburger	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Beanburger	✓													✓	
		Bun	✓													✓	
		Salad & Pickles															
		Chips															
		Baked Beans															
Friday	Home Bakes / Dessert Pots	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Dessert Selection	✓						✓	✓	✓						
Friday	American Chicken Sub	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
		Chicken	✓							✓							
									✓						✓		

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
Week 2	Monday	Pasta Beef Bolognese	Pasta	✓													
			Beef Bolognese								✓	✓					
			Garlic Slice	✓													
			Chefs' Slaw											✓	✓		
			Salad														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Monday	Spinach, Pea & Sweet Potato Risotto	Risotto								✓						
			Garlic Slice	✓						✓	✓						✓
			Chefs' Slaw											✓	✓		
			Salad														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Monday	Pear & Apple Crumble	Crumble	✓							✓						
			Custard	✓						✓	✓						
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Monday	Greek Chicken Flatbread	Marinated Chicken														
			Flatbread	✓													
			Tzatziki								✓						
			Fresh Mint														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Tuesday	Our Specialty Curries	Curry Base	✓							✓	✓		✓			✓
			Garnishes & Accompaniments	✓							✓	✓		✓			✓
			Jacket Potato														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Tuesday	Jamaican Ginger Sponge	Sponge	✓						✓	✓						
			Custard	✓						✓	✓						
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Tuesday	Korean BBQ Chicken Burger	Chicken Burger	✓							✓						
			Pickled Slaw							✓				✓			
			Potato Wedges														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Roast Chicken	Roast Chicken														
			Roast Potatoes														
			Seasonal Vegetables														
			Rich Gravy														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Squash & Bean One Pot	One Pot														
			Dumplings	✓							✓						
			Roast Potatoes														
			Seasonal Vegetables														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Pineapple Sponge	Sponge	✓						✓	✓	✓					
			Custard	✓						✓	✓						
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Vegetable Biryani	Biryani	✓							✓	✓		✓			
			Jacket Potato														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Thursday	Creamy Chicken Pie	Pie Pastry	✓							✓						
			Chicken Filling									✓					
			Herby New Potatoes														
			Glazed Carrots														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Thursday	Mushroom, Spinach & Feta Penne	Penne	✓													
			Chestnut Mushrooms														
			Spinach														
			Feta									✓					
			Tomato Sauce														
			Garlic Slice	✓						✓	✓						✓
			Chefs' Salad														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Thursday	Key Lime Pie	Pie	✓						✓	✓	✓					
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Thursday	British Fish Finger Wrap	Fish Fingers	✓			✓										
			Wrap	✓													
			Tartar Sauce							✓	✓			✓			
			Potato Wedges														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	Peri Peri Chicken	Chicken														✓
			Chips														
			Beans														
			Chefs' Slaw											✓	✓		
			Salad														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	BBQ Carrot & Chickpea Burger	Burger	✓													✓
			Bun														
			Chips														
			Beans														
			Salad														
			Chefs' Slaw											✓	✓		
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	Home Bakes / Dessert Pots	Dessert Selection	✓						✓	✓	✓					
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	Mexican Chilli Beef Nachos	Chilli Beef	✓										✓			
			Nachos														
			Salsa														
			Sour Cream									✓					

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Week 4	Monday	Bank Holiday Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Our Specialty Curries	Curry Base	✓							✓	✓		✓				✓
			Garnishes & Accompaniments	✓								✓	✓		✓			
			Jacket Potato															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Cherry & Chocolate Cake	Cake	✓						✓	✓							
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Turkish Lamb Kofta	Lamb Kofta	✓							✓							
			Yoghurt & Mint Dip									✓						
			Flatbread	✓														
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Roast Turkey	Roast Turkey															
			Roast Potatoes															
			Seasonal Vegetables															
			Rich Gravy															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Cheese & Roast Vegetable Quiche	Filled Quiche	✓						✓	✓	✓						
			Roast Vegetables															
			Roast Potatoes															
			Seasonal Vegetables															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Apple & Berry Sponge	Sponge	✓						✓	✓							
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Korean Chicken	Chicken							✓	✓							
			Chilli & Coriander Dip															
			Rice															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Mediterranean Chicken	Chicken															
			Rice															
			Spring Cabbage															
			Carrots															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Roasted Vegetable Fajitas	Fajita Vegetables												✓			
			Wrap	✓														
			Rice															
			Corn															
			Mixed Salad															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Iced Carrot Cake	Cake	✓						✓	✓	✓						
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Mexican Chilli Beef Nachos	Chilli Beef												✓			
			Nachos															
			Salsa															
			Sour Cream									✓						
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Classic Hamburger	Beef Burger	✓							✓							✓
			Bun	✓														✓
			Salad & Pickles															
			Chips															
			Baked Beans															
			Chefs' Slaw											✓	✓			
			Salad															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Spicy Beanburger	Beanburger	✓														
			Bun	✓														✓
			Salad & Pickles															
			Chips															
			Baked Beans															
			Chefs' Slaw											✓	✓			
			Salad															
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Home Bakes / Dessert Pots	Dessert Selection	✓						✓	✓	✓						
Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Stacked Chicken Sub	Chicken	✓							✓							
			Sub Roll	✓						✓	✓							✓

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites			
Week 5	Monday	Pasta Beef Bolognese	Pasta	✓																
			Beef Bolognese								✓		✓							
			Garlic Slice	✓																
			Chefs' Slaw													✓	✓			
				Salad																
	Monday	Spinach, Pea & Sweet Potato Risotto	Risotto										✓							
			Garlic Slice	✓									✓							
			Chefs' Slaw													✓	✓			
			Salad																	
	Monday	Pear & Apple Crumble	Crumble	✓								✓								
Custard			✓							✓	✓	✓								
Component			Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Marinated Chicken																				
Monday	Greek Chicken Flatbread	Flatbread	✓																	
		Tzatziki										✓								
		Fresh Mint																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Tuesday	Our Specialty Curries	Curry Base	✓								✓	✓		✓				✓		
		Garnishes & Accompaniments	✓								✓	✓		✓					✓	
		Jacket Potato																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Tuesday	Jamaican Ginger Sponge	Sponge	✓							✓	✓									
		Custard	✓							✓	✓	✓								
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
		Chicken Burger	✓								✓								✓	
Tuesday	Korean BBQ Chicken Burger	Pickled Slaw													✓	✓				
		Potato Wedges																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
		Roast Chicken																		
Wednesday	Roast Chicken	Roast Potatoes																		
		Seasonal Vegetables																		
		Rich Gravy																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Wednesday	Squash & Bean One Pot	One Pot																		
		Dumplings	✓								✓									
		Roast Potatoes																		
		Seasonal Vegetables																		
Wednesday	Pineapple Sponge	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
		Sponge	✓							✓	✓									
		Custard	✓							✓	✓	✓								
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Wednesday	Vegetable Biryani	Biryani	✓								✓	✓		✓						
		Jacket Potato																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
		Pie Pastry	✓								✓	✓								
Thursday	Creamy Chicken Pie	Chicken Filling																		
		Herby New Potatoes											✓							
		Glazed Carrots																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Thursday	Mushroom, Spinach & Feta Penne	Penne	✓																	
		Chestnut Mushrooms																		
		Spinach																		
		Feta											✓							
Thursday	Key Lime Pie	Tomato Sauce																		
		Garlic Slice	✓								✓	✓						✓		
		Chefs' Slaw																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Thursday	Fish Finger Wrap	Pie	✓							✓	✓	✓								
		Fish Fingers	✓					✓												
		Wrap	✓																	
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Friday	Peri Peri Chicken	Chicken																		
		Chips																		
		Beans																		
		Chefs' Slaw												✓	✓					
Friday	BBQ Carrot & Chickpea Burger	Salad																		
		Burger	✓															✓		
		Bun																		
		Chips																		
Friday	Home Bakes / Dessert Pots	Beans																		
		Salad																		
		Chefs' Slaw																		
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites				
Friday	Mexican Chilli Beef Nachos	Dessert Selection	✓							✓	✓	✓								
		Chilli Beef	✓												✓					
		Nachos																		
		Salsa																		
			Sour Cream								✓									

