

Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Week 1 Monday	Tomato Pasta Bake with Sausage	British Sausage	✓													✓		
		Pasta Bake	✓								✓							
		Red Onion																
		Garlic Slice	✓							✓	✓						✓	
		Chefs' Slaw											✓	✓				
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	✓								✓	✓		✓			✓	
		Jacket Potato																
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									✓							
		Flatbread	✓															
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																
		Rice																
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																
		Mixed Salad																
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																
		Sour Cream								✓								
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																
		Chefs' Slaw							✓									
Salad																		
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	✓							✓								
		Sub Roll	✓						✓							✓		

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
Week 2	Monday	Pasta Beef Bolognaise	Pasta	✓													
			Beef Bolognaise														
			Garlic Slice	✓						✓		✓					✓
			Chefs' Slaw							✓							
			Salad														
	Day	Dish	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														
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Monday	Pear & Apple Crumble	Crumble	✓							✓						
			Custard	✓						✓	✓						
	Day	Dish	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														
	Day	Dish	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														
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Tuesday	Jamaican Ginger Sponge	Sponge	✓						✓	✓						
			Custard	✓						✓	✓						
	Day	Dish	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														
	Day	Dish	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														
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Roasted Sweet Pepper, Onion and Feta Tartlet	Veg tart	✓							✓	✓			✓		
			Roast Potatoes														
			Seasonal Vegetables														
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Pineapple Sponge	Sponge	✓						✓	✓						
			Custard	✓						✓	✓						
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Wednesday	Vegetable Biryani	Biryani	✓							✓	✓		✓			
			Jacket Potato														
	Day	Dish	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														
	Day	Dish	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' Slaw														
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Thursday	Key Lime Pie	Pie	✓						✓	✓	✓					
	Day	Dish	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														
	Day	Dish	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														
	Day	Dish	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							✓							
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	Home Bakes / Dessert Pots	Dessert Selection	✓						✓	✓	✓					
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites
	Friday	Korean Chilli Beef	Chilli Beef														
			Rice														
			Sweet Chilli														
			Sour Cream									✓					

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															
	Day	Dish	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															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Monday	Pear & Apple Crumble	Crumble	✓								✓							
		Custard	✓							✓	✓							
		Salad																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Monday	Chicken Flatbread	Marinated Chicken																
		Flatbread	✓															
		Yoghurt lemon dip											✓					
	Day	Dish	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																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Tuesday	Jamaican Ginger Sponge	Sponge	✓							✓	✓							
		Custard	✓							✓	✓	✓						
		Salad																
	Day	Dish	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																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Wednesday	Roast Chicken	Roast Chicken																
		Roast Potatoes																
		Seasonal Vegetables																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Wednesday	Sweet Pepper, Onion and Feta Tartlet	Tartlet	✓								✓	✓			✓			
		Roast Potatoes																
		Seasonal Vegetables																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Wednesday	Pineapple Sponge	Sponge	✓							✓	✓							
		Custard	✓							✓	✓	✓						
		Salad																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Wednesday	Hot Dog chimichuri	Baguette	✓							✓		✓		✓			✓	
		Hot dog										✓	✓	✓				
		Chimichuri																
	Day	Dish	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																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Thursday	Mushroom, Spinach & Feta Penne	Penne	✓															
		Chestnut Mushrooms																
		Spinach											✓					
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Thursday	Key Lime Pie	Pie	✓							✓	✓	✓						
		Salad																
		Chefs' Slaw	✓								✓						✓	
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Thursday	Fish Finger Wrap	Fish Fingers	✓				✓											
		Wrap	✓															
		Salad																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Friday	Peri Peri Chicken	Chicken																
		Chips																
		Beans																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Friday	BBO Carrot & Chickpea Burger	Burger	✓														✓	
		Bun																
		Chips																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Friday	Home Bakes / Dessert Pots	Dessert Selection	✓							✓	✓	✓						
		Salad																
		Chefs' Slaw									✓							
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Friday	Chilli Beef Nachos	Chilli Beef	✓												✓			
		Nachos																
		Salsa																
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Friday	Sour Cream	Sour Cream										✓						

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
Week 6	Monday	Three Cheese Baked Macaroni	Macaroni	✓														
			Cheese Sauce	✓							✓	✓		✓				
			Caramelised Red Onions Roasted Cherry Tomatoes															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Monday	Teriyaki Vegetable Rice	Teriyaki Sauce	✓							✓							
			Rice															
			Mushrooms															
			Stir Fry Greens								✓							
			Beansprouts															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Monday	Toffee Apple Cake	Cake	✓						✓	✓							
			Toffee Sauce									✓						
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Monday	Sausage Roll	Sausage Roll	✓						✓	✓	✓		✓			✓	
			Spiced Potato Wedges															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Specialty Curries	Curry Base	✓							✓	✓		✓			✓	
			Garnishes & Accompaniments	✓							✓	✓		✓			✓	
			Jacket Potato															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Chocolate Sponge	Sponge	✓						✓	✓							
			Chocolate Sauce	✓						✓	✓	✓						
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Tuesday	Sweet chickne Rice	Sweet chicken Sauce	✓							✓							
			Rice															
			Prawn Crackers	✓	✓		✓				✓							
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Stuffed Field Mushroom	Mushroom															
			Bean Filling															
			Garlic Crumbs	✓							✓							
			Roast Potatoes															
			Seasonal Vegetables															
			Rich Gravy															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Spinach & Feta Filo Pie	Filo Pastry	✓							✓			✓	✓			
			Spinach															
			Feta									✓						
			Roast Potatoes															
			Seasonal Vegetables															
			Rich Gravy															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Berry & Apple Cake	Cake	✓						✓	✓							
			Custard	✓						✓	✓	✓						
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Wednesday	Biryani curry	Biryani	✓							✓			✓		✓		
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Chef's Summer Salads	Salad Selection															
			(Allergens available at counter)															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Chef's Summer Salads (Veg)	Salad Selection															
			(Allergens available at counter)															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Lemon Posset	Posset								✓	✓						
			Shortbread	✓							✓	✓						
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Thursday	Southern Chicken Wraps	Tortilla	✓														
			Chicken	✓									✓					
			Spicy Mayo							✓								
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Salmon & Dill Fish Burger	Fish Burger	✓			✓											
			Bun	✓													✓	
			Mayo							✓		✓		✓				
			Salad & Pickles															
			Chips															
			Peas															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Beetroot & Chickpea Burger	Burger	✓													✓	
			Bun	✓													✓	
			Garlic & Paprika Mayo							✓		✓		✓				
			Mixed Leaves															
			Chips															
			Beans															
			Chefs' Slaw							✓								
			Salad															
	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites	
	Friday	Home Bakes / Dessert Pots	Dessert Selection	✓						✓	✓	✓						

Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Week 7 Monday	Tomato Pasta Bake with Sausage	British Sausage	✓													✓		
		Pasta Bake	✓								✓							
		Red Onion																
		Garlic Slice	✓							✓	✓						✓	
	Chefs' Slaw												✓	✓				
	Salad																	
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Monday	Pesto Penne	Pesto								✓								
		Penne	✓															
		Broccoli																
		Tomatoes																
		Spinach																
		Feta								✓								
		Garlic Slice	✓						✓	✓						✓		
		Chefs' Slaw											✓	✓				
		Salad																
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Monday	Apple & Berry Crumble	Crumble	✓						✓									
		Custard	✓						✓	✓	✓							
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Monday	Japanese Katsu Chicken	Katsu Chicken	✓						✓									
		Curry	✓							✓		✓						
		Fragrant Rice																
		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	Cherry & Chocolate Cake	Cake	✓						✓	✓								
		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	✓															
		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																
		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																
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Wednesday	Apple & Berry Sponge	Sponge	✓						✓	✓								
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Wednesday	Korean Chicken	Korean Chicken							✓	✓								
		Chilli & Coriander Dip																
		Rice																
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Thursday	Mediterranean Chicken	Mediterranean Chicken																
		Rice																
		Spring Cabbage																
		Carrots																
		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																
		Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Thursday	Iced Carrot Cake	Carrot Cake	✓						✓	✓	✓							
		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									✓							
		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																
		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																
		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	American Chicken Sub	Chicken	✓							✓								
		Sub Roll	✓						✓							✓		

Week	Day	Dish	Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Week 8	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										✓							
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Tuesday	Peri Peri Chicken	Chicken																✓	
		Chips																	
		Beans																	
		Chefs' Slaw									✓								
					Salad														
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Tuesday	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		
Tuesday	Korean BBQ Chicken Burger	Chicken Burger	✓								✓								
		Pickled Slaw									✓				✓				
			Component	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Nuts	Eggs	Soya	Milk	Celery	Mustard	Lupin	Sesame	Sulphites		
Tuesday	Home Bakes / Dessert Pots	Dessert Selection	✓							✓	✓	✓							