

## Regular Menu Cycle 3 Weeks 1 to 3 Allergen &amp; Dietary Information

Main Meals			Sandwiches & Fillings		
Menu Item	Allergens	Suitable for Diets	Menu Item	Allergens	Suitable for Diets
Pork Sausage	Gluten, Sulphites	DF, V, Ve, P,	Bread	Gluten, Soya	V, Ve, DF, H, P
Vegetarian Sausage	Gluten, Soya	DF, V, Ve, H, P,	DF Butter	No Allergens	GF, DF, V, Ve, H, P,
Beef Bolognese	No Allergens	GF, DF, P,	Cheese	Milk	GF, V, H, P,
Vegan Mince Bolognese	No Allergens	GF, DF, V, Ve, H, P,	Dairylea	Milk	GF, V, H, P,
Roast Chicken	No Allergens	GF, DF, H, P	Tuna	Fish	P, H, GF, DF
Roast Quorn Fillet	Gluten	DF, V, Ve, H, P,	Tuna Mayo	Fish, Egg	P, H, GF, DF
Cheese & Onion Whirls	Gluten	V, H, P,	Ham	No Allergens	GF, DF, V, Ve,
Vegetable Chilli	No Allergens	GF, DF, V, Ve, H, P,	Chicken	No Allergens	GF, DF, V, Ve,
Bubble Crumb Fish	Fish	GF, DF, H, P,	Egg Mayonnaise	Egg	V, P, GF, DF, H
Pasta in Lentil & Tomato Sauce	Gluten	DF, V, Ve, H, P,	Jacket Potato & Fillings		
GF Breaded Chicken Burger	No Allergens	GF, DF,	Jacket Potato	No Allergens	V, Ve, GF, DF, H, P
No Chicken Burger	Gluten, Soya	DF, V, Ve, P,	Baked Beans	No Allergens	V, Ve, GF, DF, H, P
Macaroni Cheese	Gluten, Milk	V, H, P,	Salad	No Allergens	V, Ve, GF, DF, H, P
Vegan Sausage Roll	Gluten	DF, V, Ve, H, P,	Accompaniments to Main Meals		
Pork Meatballs	Soya, Sulphites	GF, DF,	Potatoes	No Allergens	V, Ve, GF, DF, H, P
Quorn Meatballs	Gluten	DF, V, Ve, H, P,	Vegetables	No Allergens	V, Ve, GF, DF, H, P
Beef Lasagne	Gluten, Soya, Mustard		Gravy	No Allergens	V, Ve, GF, DF, H, P
Vegetable Lasagne	Gluten, Soya, Mustard	V, H, P,	Pasta Shapes	Gluten	V, Ve, DF, H, P
Fish Fillet Squares	Gluten, Fish, Mustard	DF, V, Ve, H, P,	Crusty Bread	Gluten, Sesame	V, Ve, DF, H, P
Vegetable Fingers	Gluten	DF, V, Ve, H, P,	Garlic Bread	Gluten, Milk, Soya	V, H, P
Beef Burger	Sulphites	GF, DF, H,	Plain Rice	No Allergens	V, Ve, GF, DF, H, P
Vegan Vegetable Burger	Gluten, Soya	DF, V, Ve, H, P,	Vegetable Rice	No Allergens	V, Ve, GF, DF, H, P
Chicken Curry	Celery, Gluten, Eggs, Mustard, Soya	DF,	Burger Bun	Gluten, Sesame	V, Ve, DF, H, P
Sweet Potato & Chickpea Curry		DF, V, Ve, H, P,	Jacket Potato	No Allergens	V, Ve, GF, DF, H, P
Cheese & Tomato Pizza	Gluten, Milk	V, H, P,	Tortilla Wrap	Gluten	V, Ve, DF, H, P
Pasta in Veg & Tomato Sauce	Gluten	DF, V, Ve, H, P,			
Fish Finger	Gluten, Fish	DF, H, P			
Quorn Fishless Fingers	Gluten	V, Ve, DF, H, P			

## KEY

V	Ve	DF	GF	H	P
Vegetarian	Vegan	Dairy Free	Gluten Free	Halal	Pescatarian

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Daily Dessert Selection					
Cheese	Milk	V, GF, H, P	Fresh Fruit	No Allergens	V, Ve, GF, DF, H, P
Biscuits	Gluten	V, Ve, DF, H, P	Yoghurts	Milk	V, GF, H, P
Raisins	No Allergens	V, Ve, DF, GF, H, P			
Dessert of the Day					
Gingerbread Biscuit	Gluten, Soya	V, Ve, DF, H, P	Ice Cream	Milk	V, GF, H, P
Jam Sponge	Gluten, Eggs, Soya, Sulphites	V, H, DF, P	Custard	Milk	V, GF, H, P
Fresh Fruit Salad	No Allergens	V, Ve, DF, GF, H, P	Fruit Cookie	Gluten, Soya	V, Ve, DF, H, P
Chocolate Brownie	Gluten, Soya, Eggs	V, DF, H, P	Apple Cake	Gluten, Soya, Eggs	V, DF, H, P
Organic Fruity Ice Lolly	No Allergens	V, Ve, DF, GF, H, P	Banana Cake	Gluten, Soya, Eggs	V, DF, H, P
Chocolate Cornflake Cookie	Gluten, Soya	V, Ve, DF, H, P	Fruit Flapjack	Gluten	V, Ve, DF, H, P
Chocolate Ice Cream Roll	Gluten, Eggs, Milk	V, H, P,	Ice Cream Cone	Gluten, Milk	V, H, P,
Fruit Jelly with Mandarins	No Allergens	V, Ve, DF, GF, H, P	Syrup Sponge	Gluten, Eggs	V, DF, H, P
			Fruit Muffin	Gluten, Soya, Eggs	V, DF, H, P

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