

Allergen Check Chart Winter 2023

	Menu Item	Element	Allergens	May Contain
Week One				
Mon	O1	Cheese & Potato Pie with Baked Beans	Cheese Potato Baked Beans	2,7
	VO	Cheese & Potato Pie with Baked Beans		
	O2	Egg Cress Baguette	Egg Mayo Baguette	4,9 2
	VO	Veg Sticks	Carrots Cucumber Tomato	
	Pudding	Fruit or Yoghurt	Fruit Yoghurt	7
Tues	O1	Pasta Bolognaise	Mince Sauce Pasta	2
	VO	w/Garlic Bread Vegetable Bolognaise	Garlic Bread Sauce Pasta	2,7,12 2
	VO	w/Garlic Bread	Garlic Bread	2,7,12
	O2	Jacket Potato with Cheese	Potato Cheese	7
	Pudding	Sultana Cake Fruit or Yoghurt	Fruit Yoghurt	2,4,7 7
Weds	O1	Roast Pork Vegetables	Roast Pork Roast Potatoes Carrots Peas Sweetcorn	
	VO	Gravy Quorn Fillet Roast Potatoes Vegetables	Quorn Fillet Carrots Peas Sweetcorn	2,4
	O2	Pasta Pesto Salad with Cherry Tomatoes	Pasta Pesto Tomato	2 7
	VO	Veg Sticks	Carrots Cucumber Tomato	
	Pudding	Fresh Melon & Orange Wedges Fruit or Yoghurt	Fruit Yoghurt	7

Thurs	O1	Chicken Bites	Chicken Bites	2
	VO	Falafels	Wedges	
			Baked Beans	
	O2	Cream Cheese & Cucumber Roll	Roll	2
Pudding	Flapjack Fruit or Yoghurt	Cream Cheese	7	
		Fruit	2,7	
		Yoghurt	7	
Fri	O1	Fishwich	Fish	2,5
	VO	Quorn Fishless Fingers	Chips	
			Peas	
	O2	Ham Salad Wrap		2
	Veg Sticks	Carrots Tomato Cucumber		
Pudding	Jelly Fruit or Yoghurt	Fruit		
		Yoghurt	7	

Week Two

Mon	O1	Mild Vegetable Curry with Rice	Rice Sauce Veg	9	
	VO	Mild Vegetable Curry with Rice	Rice Sauce Veg	9	
	O2	Cheese and Tomato Baguette with Veg Sticks	Cheese Baguette	7 2	
	Pudding	Fruit or Yoghurt	Fruit Yoghurt	7	
Tues	O1	Meatballs in Tomato Sauce Pasta & Broccoli	Meatballs Pasta Sauce Broccoli	2 2	
	VO	Veggie Meatballs	Veggie Meatballs Pasta Sauce	2,4,9 2	
	O2	Jacket Potato with Beans	Potato Beans		
	Pudding	Blueberry Muffin Fruit or Yoghurt	Fruit Yogurt	2,4,7 7	13
Weds	O1	Roast Chicken Veg	Roast Chicken Roast Potatoes Carrots Peas Sweetcorn		
	VO	Gravy Quorn Fillet Veg		2,4	
	O2	Gravy Tuna & Sweetcorn Pasta Salad Veg Sticks	Tuna Pasta Sauce	5 2 7	9
	Pudding	Jelly Fruit or Yoghurt	Fruit Yoghurt	7	

Thurs	O1	Cottage Pie with Vegetables	Mince Sauce Potato	7	
	VO	Quorn Cottage Pie with Vegetables	Quorn Mince Sauce Potato	1,4 7	
	O2	Sausage Roll with Veg Sticks	Sausage Roll Carrots Cucumber	2,4	
	Pudding	Fromage Frais & Gingerbread Biscuit Fruit or Yoghurt	Fromage Frais Gingerbread Biscuit Yoghurt	7 2 7	4,7,10,13
Fri	O1	Fish Cake, Chips & Beans & Beans	Fish Cake Chips Baked Beans	2,5	
	VO	Quorn Fishless Finger	Quorn Fishless Finger	2,4	
	O2	Chicken Tikka & Cucumber Baguette with Veg Sticks	Baguette Chicken Curry Paste	2 7	
	Pudding	Chocolate Cake Fruit or Yoghurt	Fruit Yoghurt	2,4,7,13 7	

Week Three

Mon	O1	Macaroni Cheese Peas & Garlic Bread	Pasta	2
			Cheese	7
			Garlic Bread	2,7,12
	VO	Macaroni Cheese Peas & Garlic Bread	Pasta	2
			Cheese	7
		Garlic Bread	2,7,12	
	O2	Jacket Potato with Beans	Potato	
	O2		Baked Beans	
	Pudding	Fruit or Yoghurt	Fruit	
			Yoghurt	7
Tues	O1	Sausage, Baked Beans & Cheesy Mash	Sausage	2
			Baked Beans	
			Cheesy Mash	7
	VO	Veggie Sausage	Veggie Sausage	2,4,7
			Baked Beans	
		Cheesy Mash	7	
	O2	Tuna & Cucumber Baguette with Veg Sticks	Baguette	2
			Tuna	5
			Mayonnaise	4,9
	Pudding	Fresh Melon & Orange Wedges		
		Fruit or Yoghurt	Fruit	
			Yoghurt	7
Weds	O1	Roast Gammon, Roast Potatoes Vege & Gravy	Gammon	
			Potato	
			Vegetables	
			Gravy	
	VO	Quorn Fillet	Quorn Fillet	2,4
		Potatoes		
		Vegetables		
		Gravy		
O2	Cheese & Tomato Pasta Pot	Cheese	7	
		Pasta	2	
		Veg Sticks		
	Pudding	Chocolate Chip Muffin		2,4,7
		Fruit or Yoghurt	Fruit	
			Yoghurt	7

Thurs	O1	Chicken & Sweetcorn Pasta Bake with Peas	Pasta Chicken Sauce	2 7	
	VO	Veggie Sausage Pasta Bake	Pasta Veggie Sausage Sauce	2 2,4,7	
	O2	Chicken Fajita Wrap with Veg Sticks	Wrap Chicken Fajita	2	4
	Pudding	Carrot Cake Fruit or Yoghurt	Fruit Yoghurt	2,4,7,13 7	
Fri	O1	Fishwich in a Bun, Chips & Veg Sticks	Fish Chips Bun	5 2	
	VO	Quorn Fishless Fingers in a Bun	Quorn Fingers Chips Bun	2,4 2	
	O2	Jacket Potato with Cheese Veg Sticks	Potato Cheese	7	
	Pudding	Jelly Fruit or Yoghurt	Fruit Yoghurt	7	

ALLERGEN	CODE
CELERY	1
GLUTEN	2
CRUSTACEANS	3
EGGS	4
FISH	5
LUPIN	6
DAIRY	7
MOLLUSCS	8
MUSTARD	9
NUTS	10
PEANUTS	11
SESAME SEEDS	12
SOYA	13
SULPHUR DIOXIDE	14