

VERSION 1 ALLERGENS - Schools Menu September 2020
WEEK ONE

Day	Course	Diet	Menu Item	Meat Type	Portion Size	Hot or Cold	DIETARIES	Dairy Free	No Gluten	Halal	Nut Free	Vegan	Vegetarian	Pescatarian	ALLERGENS	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide	None	Revised Date		
MONDAY	Everday	Normal	Baguette Slice		1	Cold		✓		✓	✓	✓	✓	✓						Contains											06.08.2020		
			Salad Bar			Cold		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
	Lunch	Normal	Mexican Beef Chilli	Beef	130g	Hot		✓	✓		✓																			Contains		06.08.2020	
			Rice		50g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
			Sweetcorn		50g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
		Vegetarian	Mexican Mixed Bean Chilli		130g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
		Special	Yeast & Tomato Free Gravy		20ml	Hot		✓		✓	✓	✓	✓	✓	✓					Contains												06.08.2020	
		Dessert	Normal	Vanilla Ice Cream		1	Cold			✓	✓	✓		✓	✓								Contains										
	Wafer				1	Cold		✓		✓	✓	✓	✓	✓	✓					Contains								Contains				06.08.2020	
	Special		Menu A - No Gluten Digestive		1	Cold		✓	✓	✓	✓	✓	✓	✓																Contains			06.08.2020
			Menu B - No Dairy Ice Cream		1 scoop	Cold		✓	✓	✓	✓	✓	✓	✓														Contains					06.08.2020
			Dairy and Soya Free Orange Jelly		1	Cold		✓	✓	✓	✓	✓	✓	✓																Contains			06.08.2020
TUESDAY	Lunch	Normal/ Vegetarian	Jacket Potato		1/2 Nursery 1/2	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
			Baked Beans		135g	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020
			Cheddar Cheese		25g Nursery 40g	Cold			✓	✓	✓		✓	✓							Contains												06.08.2020
		Special	Dairy Free Cheese		25g Nursery 40g	Cold		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
	Dessert	Normal	Fresh Natural Strawberry Yoghurt		75g	Cold			✓	✓	✓		✓	✓								Contains						Contains					06.08.2020
		Special	Dairy free Soya Yoghurt		1	Cold		✓	✓	✓	✓	✓	✓	✓														Contains					06.08.2020
			Soya Free Strawberry Jelly		1	Cold		✓	✓	✓	✓	✓	✓																	Contains		06.08.2020	
WEDNESDAY	Lunch	Normal	Roast Chicken Breast	Chicken	1	Hot		✓	✓	✓	✓																			Contains		06.08.2020	
			Roast Potatoes		2 Nursery 3 School	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
			Mixed Vegetables (Swede, Carrots and Cauliflower)		50g	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020
			Gravy		20ml	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020
		Vegetarian	Falafels		2 Nursery 3 School	Hot		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
		Special	Yeast Free Gravy		20ml	Hot		✓		✓	✓	✓	✓	✓						Contains													06.08.2020
		Dessert	Normal	Lemon Drizzle Cake		1	Cold				✓	✓		✓	✓				Contains		Contains		Contains						Contains				
	Special		Gluten and Dairy Free Vanilla Cake		1	Cold		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	

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THURSDAY	Lunch	Normal/ Vegetarian	Cheddar Cheese and Tomato Penne Pasta Bake		180g	Hot				✓	✓		✓	✓						Contain s	Contain s										Contain s	06.08.2020			
			Peas		50g	Hot		✓	✓	✓	✓	✓	✓	✓																		Contain s	06.08.2020		
			Garlic Bread		1	Hot		✓		✓	✓	✓	✓	✓						Contain s													06.08.2020		
		Special	Menu A - Gluten Free Cheddar Cheese and Tomato Gluten Free Fusilli Pasta Bake		180g	Hot			✓	✓	✓		✓	✓							Contain s													06.08.2020	
			Menu B Dairy Free No Dairy Cheese and Tomato Penne Pasta Bake		180g	Hot		✓		✓	✓	✓	✓	✓						Contain s														06.08.2020	
			Gluten Free Garlic Bread		1	Hot		✓	✓	✓	✓	✓	✓	✓																		Contain s	06.08.2020		
	Dessert	Normal	Fresh Fruit Salad		75g	Cold		✓	✓	✓	✓	✓	✓	✓																	Contain s	06.08.2020			
	FRIDAY	Lunch	Normal	White Fish Fingers	Cod and Pollock	2 Nursery 3 Infants	Hot		✓		✓	✓			✓					Contain s	Contain s													06.08.2020	
				Herb Diced Potatoes		100g	Hot		✓	✓	✓	✓	✓	✓	✓																		Contain s	06.08.2020	
				Green Beans		70g	Hot		✓	✓	✓	✓	✓	✓	✓																		Contain s	06.08.2020	
Vegetarian			Vegetable Fingers		3 School 2 Nursery	Hot		✓		✓	✓	✓	✓	✓						Contain s														06.08.2020	
Special			Gluten Free Fish Fingers	Cod	3 School 2 Nursery	Hot		✓	✓	✓	✓				✓					Contain s															06.08.2020
			Gluten Free Vegan Burger		1	Hot		✓	✓	✓	✓	✓	✓	✓																			Contain s	06.08.2020	
Dessert		Normal	Honeydew Melon Wedges		2	Cold		✓	✓	✓	✓	✓	✓	✓																		Contain s	06.08.2020		

Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee that any of our dishes are 100% free of allergens