

VERSION 1 ALLERGENS - Schools Menu September 2020 WEEK TWO

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		
	Everday	Normal	Baguette Slice		1	Cold		✓		✓	✓	✓	✓	✓	✓						Contains											06.08.2020		
			Salad Bar			Cold		✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
MONDAY	Lunch	Normal	Pork Sausage	Pork	1 Nursery 2 schools	Hot		✓				✓									Contains									Contains		06.08.2020		
			Mashed Potatoes		2 Nursery 3 School	Hot			✓	✓	✓			✓	✓								Contains										06.08.2020	
			Mixed Vegetables (Swede, Carrots and Peas)		50g	Hot		✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
			Gravy		20ml	Hot		✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	
		Vegetarian	Vegetable Sausage		1 Nursery 2 schools	Hot		✓			✓	✓	✓	✓	✓							Contains											06.08.2020	
		Special	Gluten Free From Sausage	Pork	1 Nursery 2 schools	Hot		✓	✓			✓			✓	✓															Contains		06.08.2020	
			Gluten Free Vegetable Grill		1	Hot		✓	✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020
			Yeast Free Gravy		20ml	Hot		✓		✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020
	Dessert		Normal	Fresh Natural Raspberry Yoghurt		75g	Cold			✓	✓	✓			✓	✓								Contains							Contains			06.08.2020
		Special	Dairy free Soya Yoghurt		1	Cold		✓	✓	✓	✓	✓	✓	✓	✓	✓														Contains			06.08.2020	
			Soya Free Blackcurrant Jelly		1	Cold		✓	✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020
TUESDAY	Lunch	Normal	Ginger Beef Noodles, Green Beans and Red Peppers with Broccoli	Beef	180g	Hot		✓				✓							Contains		Contains								Contains			06.08.2020		
		Vegetarian	Ginger Mushroom Noodles, Green Beans and Red Peppers with Broccoli		180g	Hot		✓		✓	✓	✓	✓	✓	✓				Contains		Contains								Contains			06.08.2020		
		Special	Gluten, Soya & Egg Free Ginger Beef Rice, Green Beans and Red Peppers with Broccoli	Beef	180g	Hot		✓	✓		✓																				Contains		06.08.2020	
	Dessert	Normal	Cheddar Cheese		1	Cold			✓	✓	✓	✓		✓	✓							Contains											06.08.2020	
			Cream Crackers		1	Cold		✓		✓	✓	✓	✓	✓	✓						Contains												06.08.2020	
		Special	Dairy Free Cheese		25g	Cold		✓	✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020
			Gluten Free Crackers		1	Cold		✓	✓	✓	✓		✓	✓	✓																	Contains		06.08.2020
WEDNESDAY	Normal	Cheese and Tomato Pizza		180g	Hot			✓	✓	✓			✓	✓							Contains											06.08.2020		
		Herb Diced Potatoes		100g	Hot		✓	✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020	
		Baked Beans		135g	Hot		✓	✓	✓	✓	✓	✓	✓	✓																	Contains		06.08.2020	
	Dessert	Normal	Fresh Fruit Salad		75g	Cold		✓	✓	✓	✓	✓	✓	✓	✓																Contains		06.08.2020	

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THURSDAY	Lunch	Normal	Chicken and Carrot Korma	Chicken	130g	Hot		✓	✓	✓	✓																			Contains	06.08.2020			
			Rice		50g All	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains	06.08.2020		
			Sweetcorn		50g	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains	06.08.2020		
		Vegetarian	Sweet Potato & Carrot Korma Curry		130g	Hot		✓	✓	✓	✓		✓	✓																Contains	06.08.2020			
		Special	Yeast Free Gravy			Hot		✓		✓	✓	✓	✓	✓						Contains								Contains				06.08.2020		
	Dessert	Normal	Pineapple Sticks		2	Cold		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020			
FRIDAY	Lunch	Normal	MSC* Mackerel Mac 'n' Cheese	Mackeral	160g	Hot				✓	✓			✓					Contains	Contains		Contains										06.08.2020		
			Carrots		50g	Hot		✓	✓	✓	✓	✓	✓	✓																	Contains	06.08.2020		
		Vegetarian	Cherry Tomato Mac 'n' Cheese		160g	Hot				✓	✓			✓	✓					Contains		Contains											06.08.2020	
		Special	Menu A - Gluten Free Cheddar Cheese and Mackeral Gluten Free Fusilli Pasta Bake		160g	Hot			✓	✓	✓			✓	✓					Contains		Contains												06.08.2020
			Menu B - Dairy & Soya Free No Dairy Cheese and Mackeral Macaroni Pasta Bake		160g	Hot		✓		✓	✓	✓	✓	✓	✓					Contains	Contains													06.08.2020
	Dessert	Normal	Butter Flapjack Triangle		1	Cold				✓	✓			✓	✓					Contains		Contains												06.08.2020
		Special	Gluten and Dairy Free Flapjack		1	Cold		✓	✓	✓	✓	✓	✓	✓	✓																Contains	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