

VERSION 1 ALLERGENS - Schools Menu September 2020 WEEK THREE

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		✓		✓	✓	✓	✓	✓	✓					Con tain s													04.02.2020	
			Salad Bar			Cold		✓	✓	✓	✓	✓	✓	✓																	Con tain s	04.02.2020		
	Lunch	Normal/ Vegetarian	Jacket Potato		1/2 Nursery 1/2 Infants 1 Juniors	Hot		✓	✓	✓	✓	✓	✓	✓																	Con tain s	06.08.2020		
			Baked Beans		135g	Hot		✓	✓	✓	✓	✓	✓	✓																	Con tain s	06.08.2020		
			Cheddar Cheese		25g Nursery 40g School	Cold			✓	✓	✓		✓	✓							Con tain s												06.08.2020	
		Special	Dairy Free Cheese		25g Nursery 40g School	Cold		✓	✓	✓	✓	✓	✓	✓																	Con tain s	06.08.2020		
	Dessert	Normal	Strawberry Arctic Roll		1	Cold					✓	✓		✓	✓				Con tain s	Con tain s	Con tain s								Con tain s				06.08.2020	
		Special	Menu A - No Gluten Ice Cream Pot		1	Cold		✓	✓	✓	✓	✓	✓	✓																	Con tain s	06.08.2020		
			Menu B - No Dairy Ice Cream		1 scoop	Cold		✓	✓	✓	✓	✓	✓	✓														Con tain s					06.08.2020	
			Dairy and Soya Free Orange Jelly		1	Cold		✓	✓	✓	✓	✓	✓	✓																Con tain s	06.08.2020			
TUESDAY	Lunch	Normal	Chicken Casserole with a Cheesy Potato Crust	Chicken	180g	Hot			✓	✓	✓										Con tain s												04.02.2020	
			Mixed Vegetables (Swede, Peas & Cauliflower)		50g	Hot		✓	✓	✓	✓	✓	✓	✓																	Con tain s	04.02.2020		
		Vegetarian	Vegetable Casserole with a Cheesy Potato Crust		180g	Hot			✓	✓	✓		✓	✓								Con tain s												04.02.2020
		Special	Yeast Free Gravy		20ml	Hot		✓		✓	✓	✓	✓	✓	✓																	Con tain s	04.02.2020	
			Chicken OR Vegetable Casserole with a Dairy Free Cheese Potato Crust		180g	Hot		✓	✓	✓	✓				✓																	Con tain s	04.02.2020	
	Dessert	Normal	Fresh Fruit Salad		75g	Cold		✓	✓	✓	✓	✓	✓	✓																		Con tain s	04.02.2028	
WEDNESDAY	Lunch	Normal/ Vegetarian	Fragrant Aubergine Curry with Chickpeas		135g	Hot		✓	✓	✓	✓	✓	✓	✓																		Con tain s	04.02.2020	
			Coconut Rice		50g	Hot		✓	✓	✓	✓	✓	✓	✓																		Con tain s	04.02.2020	
			Broccoli		50g	Hot		✓	✓	✓	✓	✓	✓	✓																		Con tain s	04.02.2020	
		Special	Yeast Free Gravy		20ml	Hot		✓	✓	✓	✓	✓	✓	✓																	Con tain s	04.02.2020		
	Dessert	Normal	Orange and Mango Jelly		75g	Cold		✓	✓	✓	✓	✓	✓	✓																	Con tain s	04.02.2020		

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THURSDAY	Lunch	Normal	Paprika Pork Ragu	Pork	135g	Hot		✓	✓		✓																			Contains	06.08.2020
			Penne Pasta		75g	Hot		✓		✓	✓	✓	✓	✓						Contains											06.08.2020
			Green Beans		50g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
			Garlic Bread		1	Hot		✓		✓	✓	✓	✓	✓						Contains											06.08.2020
		Vegetarian	Paprika Roasted Cauliflower Sauce		80g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
		Special	Gluten Free Fusilli Pasta		75g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
			Yeast Free Gravy		20ml	Hot		✓		✓	✓	✓	✓	✓																Contains	06.08.2020
			Gluten Free Garlic Bread		1	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
	Dessert	Normal	Fresh Natural Vanilla and Peach 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
FRIDAY	Lunch	Normal	Cod and Pollock Fish Cakes	Cod and Pollock	1 Nursery Infants 2 schools	1 Hot				✓	✓			✓					Contains	Contains		Contains		Contains							06.08.2020
			Potato Wedges		100g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
			Peas		50g	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
		Vegetarian	Vegetable Fingers		3 School Nursery	2 Hot		✓		✓	✓	✓	✓	✓						Contains											06.08.2020
		Special	Dairy Free Fish Cakes	Cod	1	Hot		✓		✓	✓			✓					Contains	Contains											06.08.2020
			Gluten Free Fish Fingers	Cod	3 School Nursery	2 Hot		✓	✓	✓	✓			✓					Contains												06.08.2020
			Gluten Free Vegan Burger		1	Hot		✓	✓	✓	✓	✓	✓	✓																Contains	06.08.2020
	Dessert	Normal	Pineapple Sticks		2	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