

ALLERGEN INFORMATION

WINTER MENU 2017 WEEK 1

YES = Contains Allergen

MC = May contain traces of

- = Allergen not listed

Gluten Free and Dairy Free options available for some items

| | CEREALS CONTAINING GLUTEN | EGG | MILK | NUTS | PEANUTS | CELERY | CRUSTACEANS | FISH | MOLLUSCS | LUPIN | MUSTARD | SESAME SEEDS | SOYA | SULPHITES |
|------------------------|---------------------------------|-----|------|------|---------|--------|-------------|------|----------|-------|---------|-----------------|------|-----------|
| Pasta Spirals | YES | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Tomato & Basil sauce | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cheese | - | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Garlic bread | YES | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Fruit Salad | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Chilli Con Carne | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Quorn Chilli Con Carne | - | YES | - | - | - | - | - | - | - | - | - | - | - | - |
| Basmati rice | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Sweetcorn | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Fruity Flapjack | YES | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Sausage | YES | - | - | - | - | - | - | - | - | - | - | - | - | YES |
| Vegetables | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Yorkshire Pudding | YES | YES | YES | - | - | - | - | - | - | - | - | - | - | - |
| Gravy | - | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Linda Mc Veg Sausage | YES | - | - | - | - | - | - | - | - | - | - | - | YES | YES |
| Iced fruit smoothie | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Chick & Veg casserole | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Quorn & Veg casserole | - | YES | YES | - | - | - | - | - | - | - | - | - | - | - |
| Mashed potato | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Peas | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Rice Pudding | - | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Jam | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Fish finger | YES | YES | - | - | - | - | - | YES | - | - | - | - | - | - |
| Chips | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Baked Beans | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Veg Sausage Roll | YES | - | - | MC | - | - | - | - | - | - | - | - | - | - |
| Ketchup | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Strawb Angel Delight | - | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Muller fruit corner | - | - | YES | - | - | - | - | - | - | - | - | - | - | - |
| Wholemeal bread | YES | - | - | - | - | - | - | - | - | - | - | MC | YES | - |