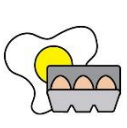
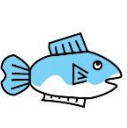
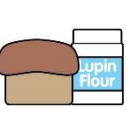
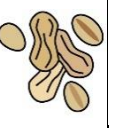
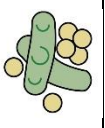
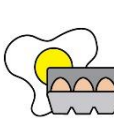
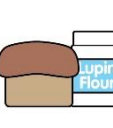
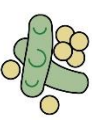


Main Meals and their allergen content – Week 1

Dishes															
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Vegan
Southern fried chicken in a bun with wedges, salad or coleslaw	M	✓		✓			✓		✓	M	M	M	M	M	
Quorn Southern style burger in a bun with wedges, salad or coleslaw		✓		✓			✓		✓	M	M	M	M	M	Pea Protein
Cake of the day & custard		✓		✓			✓						M		
Savoury Mince & Dumplings, mashed potato & seasonal veg		✓												✓	Contains Peas
Quorn Mince & Dumplings mashed potato & seasonal veg		✓		✓										✓	Pea Fibre
Waffle, choc sauce & fruit		✓					✓						✓		

Chicken curry, rice, peas & sweetcorn & mini spring roll	M	✓		M			M		M				✓		
Veg curry with rice, peas & sweetcorn & mini spring roll	M	✓		M			M		✓				✓		Pea Protein
Homemade Chocolate Brownie		✓		✓			M		M			M			
Beef Lasagne, garlic bread & salad	✓	✓		M			✓		M			M	M		
Veg lasagne, garlic bread & salad	✓	✓		M			✓		M			M	M		
Ice cream duo with fruit							✓								
Fish goujons, chips, peas & ketchup		✓			✓								✓		
Quorn bites, chipped potatoes peas, ketchup		✓													✓ Pea Protein
Curry Sauce	M	M		M			M		M				M		
Homemade Biscuit		✓		✓			M				M	M			

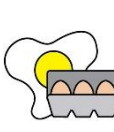
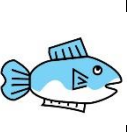
Meals and their allergen content – Week 2

Dishes															
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Vegan
Chicken Gyros in pitta bread, Aegean slaw & fries		✓													
Falafel bites in pitta bread Aegean slaw & fries		✓													✓
Homemade Flapjack		✓											✓		✓
Sausages & mash potato, peas, carrots, gravy & Yorkshire pud		✓		✓			✓							✓	Gravy contains tomato
Veg sausages & mash potato, peas carrots, gravy & Yorkshire		✓		✓			✓							✓	Pea Protein Gravy contains tomato
Strawberry Ice Smoothie							✓								
Bang Bang Chicken, rice, veg spring roll, steamed													✓	✓	Pea Protein

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greens															
Sweet & Sour veg, rice, veg spring roll & steamed greens	✓	✓											✓		
Syrup Sponge & custard		✓		✓			✓						M		
Yorkshire pudding, savory mince, new potatoes & seasonal veg		✓		✓			✓								Contains Peas
Yorkshire pudding, savory Quorn mince, new potatoes & seasonal veg		✓		✓			✓								Pea Fibre
Homemade Biscuit of the day		✓		✓					M			M	M	M	
Fish, chips, garden peas & ketchup		✓					✓								
Veg burger, chips, garden peas & ketchup		✓					✓		✓						
Curry Sauce	M	M		M			M		M				M		
Choc Orange Brownie -HM		✓		✓			M					M	M		

Meals and their allergen content – Week 3

Dishes															
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Vegan
Pepperoni Flatbread pizza, wedges, salad or coleslaw		✓		✓			✓		✓				✓		
Margarita flatbread pizza, wedges, salad or coleslaw		✓		✓			✓		✓						
Biscuit of the day - HM		✓		✓					M			M	M		
Chicken & Yorkshire pudding, mashed potato, seasonal veg & gravy		✓		✓			✓							✓	Gravy Contains tomato
Quorn fillet, Yorkshire pudding, mashed potato, seasonal veg & gravy		✓		✓			✓							✓	Pea Protein Gravy Contains tomato
Fruit cake & custard		✓		✓			✓						M		

Chilli beef over rice or nachos with salsa & corn on the cob	✓								M				M		Contains Peas
Smoked Veg over rice or nachos with salsa & corn on the cob	✓								M				M		✓
Muffin of the day - HM		✓		✓			M						M		
Chicken Korma, rice, roasted cauliflower & green beans, naan bread		✓					✓								
Veg Korma, rice, roasted cauliflower & green beans, naan bread		✓					✓		✓						
Lemon Drizzle cake		✓					✓						M		
New York hot dog with ketchup, chips & baked beans	M	✓		M			M		M	M	M	M	M	✓	
Quorn hot dog with ketchup, chips & baked beans	M	✓		✓			M		M	M	M	M	M		Pea Protein
Ice Cream sundae							✓						✓		

