## **MONDAY WEEK 1**





























|                                       | 200    |                              | The state of the s |                     | 7    |       |                      |         |         |      |         | - Contract      | 0    | Beer               |
|---------------------------------------|--------|------------------------------|--|---------------------|------|-------|----------------------|---------|---------|------|---------|-----------------|------|--------------------|
|                                       | Celery | Cereals containing gluten    | Crustaceans  | Eggs                | Fish | Lupin | Milk                 | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphui<br>Dioxide |
| Spaghetti                             |        | GLUTEN<br>WHEAT              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Bolognaise                            |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Veggie bolognaise                     |        | GLUTEN<br>BARLEY<br>IN QUORN |  | EGGS<br>IN QUORN    |      |       |                      |         |         |      |         |                 |      |                    |
| Caesar salad                          |        |                              |  | EGGS IN<br>DRESSING |      |       | MILK IN<br>DRESSING  |         |         |      |         |                 |      |                    |
| Garlic roasted courgettes & mushrooms |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Peas/ sweetcorn                       |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Tomato sauce                          |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Pasta                                 |        | GLUTEN<br>WHEAT              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Garlic Bread                          |        | GLUTEN<br>WHEAT              |  |                     |      |       | MILK                 |         |         |      |         |                 | SOYA |                    |
| Baked jacket potato/ sweet potato     |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Baked beans                           |        |                              |  |                     |      |       |                      |         |         |      |         |                 |      |                    |
| Tuna mayonnaise                       |        |                              |  | EGGS<br>IN MAYO     | FISH |       |                      |         |         |      |         |                 |      |                    |
| Cheese                                |        |                              |  |                     |      |       | MILK                 |         |         |      |         |                 |      |                    |
| Chocolate iced cake                   |        | GLUTEN<br>WHEAT              |  | EGGS                |      |       | MILK IN<br>CHOCOLATE |         |         |      |         |                 |      |                    |
| Angel delights                        |        |                              |  |                     |      |       | MILK                 |         |         |      |         |                 |      |                    |

## **TUESDAY WEEK 1**



























| Ī  | 7  |      |  |
|----|----|------|--|
| 6  | 1  | WINE |  |
| Bo | er |      |  |

|                     | 100 m          |                                 | The state of the s |                 | The state of the s |       |                     |         |             |      |         | (Astrice)    |      | Beer               |
|---------------------|----------------|---------------------------------|--|-----------------|--|-------|---------------------|---------|-------------|------|---------|--------------|------|--------------------|
|                     | Celery         | Cereals<br>containing<br>gluten | Crustace ans   | Eggs            | Fish   | Lupin | Milk                | Mollusc | Mustar<br>d | Nuts | Peanuts | Sesame seeds | Soya | Sulphur<br>Dioxide |
| Roast chicken       |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Yorkshire pudding   |                | GLUTEN WHEAT                    |  | EGGS            |  |       | MILK                |         |             |      |         |              |      |                    |
| Stuffing            | MAY<br>CONTAIN | GLUTEN<br>WHEAT/BARLEY          |  |                 |  |       | MAY<br>CONTAIN      |         |             |      |         |              |      |                    |
| Gravy               |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Risotto             |                |                                 |  |                 |  |       | MILK IN<br>PARMESAN |         |             |      |         |              |      |                    |
| Roast potatoes      |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Cauliflower cheese  |                |                                 |  |                 |  |       | MILK                |         |             |      |         |              |      |                    |
| Peas/ sweetcorn     |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Tomato sauce        |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Pasta               |                | GLUTEN WHEAT                    |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Garlic Bread        |                | GLUTEN WHEAT                    |  |                 |  |       | MILK                |         |             |      |         |              | SOYA |                    |
| Baked jacket potato |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Baked beans         |                |                                 |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Tuna mayonnaise     |                |                                 |  | EGGS<br>IN MAYO | FISH   |       |                     |         |             |      |         |              |      |                    |
| Cheese              |                |                                 |  |                 |  |       | MILK                |         |             |      |         |              |      |                    |
| Apple crumble       |                | GLUTEN WHEAT                    |  |                 |  |       |                     |         |             |      |         |              |      |                    |
| Custard             |                |                                 |  |                 |  |       | MILK                |         |             |      |         |              |      |                    |
| Angel delights      |                |                                 |  |                 |  |       | MILK                |         |             |      |         |              |      |                    |
| Jelly               | Not suitable   | e for vegetarians               |  |                 |  |       |                     |         |             |      |         |              |      |                    |

## **WEDNESDAY WEEK 1**



























|                                   |               |   |                |                 | 3    | Flour |                           |         |         |      |         |                            |                | Beer               |
|-----------------------------------|---------------|---|----------------|-----------------|------|-------|---------------------------|---------|---------|------|---------|----------------------------|----------------|--------------------|
|                                   | Celery        | Cereals<br>containing<br>gluten               | Crustaceans    | Eggs            | Fish | Lupin | Milk                      | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds            | Soya           | Sulphur<br>Dioxide |
| Ciabatta                          |               | GLUTEN  |                | MAY<br>CONTAIN  |      |       | MAY<br>CONTAIN            |         |         |      |         |                            | MAY<br>CONTAIN |                    |
| BBQ pulled pork                   |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Quesadilla                        |               | GLUTEN<br>WHEAT/BARLEY<br>OATS/RYE IN<br>WRAP |                |                 |      |       | MILK IN<br>WRAP<br>CHEESE |         |         |      |         | SESAME<br>SEEDS IN<br>WRAP |                |                    |
| Potato wedges                     |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Coleslaw                          |               |   |                | EGG IN<br>MAYO  |      |       |                           |         |         |      |         |                            |                |                    |
| Peas/ sweetcorn                   |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Tomato sauce                      |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Pasta                             |               | GLUTEN<br>WHEAT                               |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Garlic Bread                      |               | GLUTEN<br>WHEAT                               |                |                 |      |       | MILK                      |         |         |      |         |                            | SOYA           |                    |
| Baked jacket potato/ sweet potato |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Baked beans                       |               |   |                |                 |      |       |                           |         |         |      |         |                            |                |                    |
| Tuna<br>mayonnaise                |               |   |                | EGGS<br>IN MAYO | FISH |       |                           |         |         |      |         |                            |                |                    |
| Cheese                            |               |   |                |                 |      |       | MILK                      |         |         |      |         |                            |                |                    |
| Biscuit day                       | Allergen info | rmation available                             | at serving cou | nter            |      |       |                           |         |         |      |         |                            |                |                    |
| Angel delights                    |               |   |                |                 |      |       | MILK                      |         |         |      |         |                            |                |                    |
| Jelly                             | Not suitable  | for vegetarians                               |                |                 |      |       |                           |         |         |      |         |                            |                |                    |

# **THURSDAY WEEK 1**



























| Celery   Cereals containing gluten   Crustaceans   Eggs   Fish   Lupin   Milk   Mollusc   Mustard   Nuts   Peanuts   Sesame seeds  |                        |              |                 |    |                 |      | Plour |      |         |         |      |         |                            | Beer               |
|--|------------------------|--------------|-----------------|----|-----------------|------|-------|------|---------|---------|------|---------|----------------------------|--------------------|
| Macaroni cheese   GLUTEN WHEAT   CHEESE/CREAM   CHE |                        | Celery       | containing      |    | Eggs            | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Soya                       | Sulphur<br>Dioxide |
| cheese MHEAT CHEESE/CREAM  Rice  Egg noodles  GLUTEN WHEAT  EGGS  Stir fry vegetables  Peas/ sweetcom  Tomato sauce  Pasta  GLUTEN WHEAT  Garlic Bread  GLUTEN WHEAT  Garlic Bread  GLUTEN WHEAT  Garlic Bread  GLUTEN WHEAT  FISH  Cheese  GLUTEN  MILK  MILK  MILK  Cheesecake  GLUTEN  MILK NCREAM  CHEESE  | Sweet chilli beef      |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Egg noodles  |                        |              | GLUTEN<br>WHEAT |    |                 |      |       |      |         |         |      |         |                            |                    |
| Stir fry vegetables Peas/ sweetcom Tomato sauce Pasta GLUTEN WHEAT Garlic Bread GLUTEN WHEAT Baked jacket potato/ sweet potato Baked beans Tuna mayonnaise Cheese GLUTEN WHEAT  EGGS IN MAYO FISH MILK  MILK | Rice                   |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Vegetables   | Egg noodles            |              | GLUTEN<br>WHEAT |    | EGGS            |      |       |      |         |         |      |         |                            |                    |
| Tomato sauce  Pasta  GLUTEN WHEAT  Garlic Bread  GLUTEN WHEAT  Baked jacket potato/ sweet potato  Baked beans  Tuna mayonnaise  Cheese  GLUTEN WHEAT  MILK   | Stir fry<br>vegetables |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Pasta GLUTEN WHEAT  Garlic Bread GLUTEN WHEAT  Baked jacket potato/ sweet potato/ sweet potato baked beans  Tuna mayonnaise  Cheese GLUTEN WHEAT  MILK  MILK | Peas/ sweetcorn        |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Garlic Bread GLUTEN WHEAT MILK MILK MILK MILK MILK MILK MILK MILK  | Tomato sauce           |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Baked jacket potato/ sweet potato/ sweet potato  Baked beans  Tuna mayonnaise  Cheese  GLUTEN WHEAT   | Pasta                  |              | GLUTEN<br>WHEAT |    |                 |      |       |      |         |         |      |         |                            |                    |
| potato/ sweet potato  Baked beans  Tuna  | Garlic Bread           |              | GLUTEN<br>WHEAT |    |                 |      |       | MILK |         |         |      |         | SOYA                       |                    |
| Tuna mayonnaise Cheese Cheese GLUTEN WHEAT Cheesecake FISH MILK MILK MILK IN CREAM CHEESE  | ootato/ sweet          |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| mayonnaise IN MAYO FISH MILK  Cheese GLUTEN WHEAT MILK IN CREAM CHEESE   | Baked beans            |              |                 |    |                 |      |       |      |         |         |      |         |                            |                    |
| Cheesecake GLUTEN WHEAT MILK IN CREAM CHEESE   |                        |              |                 |    | EGGS<br>IN MAYO | FISH |       |      |         |         |      |         |                            |                    |
| Cheesecake WHEAT CHEESE  | Cheese                 |              |                 |    |                 |      |       | MILK |         |         |      |         |                            |                    |
| Angel delights MILK  | Cheesecake             |              | GLUTEN<br>WHEAT |    |                 |      |       |      |         |         |      |         | SOYA IN<br>BISCUIT<br>BASE |                    |
|  | Angel delights         |              |                 |    |                 |      |       | MILK |         |         |      |         |                            |                    |
| Jelly Not suitable for vegetarians   | Jelly                  | Not suitable | for vegetaria   | ns |                 |      |       |      |         |         |      |         |                            |                    |

## **FRIDAY WEEK 1**





























|                                |              |                              | The state of the s |                     | -    | Tiodi |                   |         |         |      |         |                |      | Beer               |
|--------------------------------|--------------|------------------------------|--|---------------------|------|-------|-------------------|---------|---------|------|---------|----------------|------|--------------------|
|                                | Celery       | Cereals containing gluten    | Crustaceans  | Eggs                | Fish | Lupin | Milk              | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds   | Soya | Sulphur<br>Dioxide |
| Crumbed chicken burger         | CELERY       | GLUTEN<br>WHEAT              |  |                     |      |       |                   |         |         |      |         |                | SOYA |                    |
| Burger bun                     |              | GLUTEN<br>WHEAT              |  |                     |      |       |                   |         |         |      |         | MAY<br>CONTAIN |      |                    |
| Battered cod fillet            |              | GLUTEN<br>WHEAT IN<br>BATTER |  |                     | FISH |       |                   |         |         |      |         |                |      |                    |
| Tartar sauce                   |              |                              |  | EGGS<br>IN MAYO     |      |       |                   |         |         |      |         |                |      |                    |
| Fish fingers                   |              | GLUTEN<br>WHEAT              |  |                     | FISH |       |                   |         |         |      |         |                |      |                    |
| Crumbed halloumi               |              | GLUTEN<br>WHEAT IN<br>CRUMBS |  | EGGS IN<br>EGG WASH |      |       | MILK IN<br>CHEESE |         |         |      |         |                |      |                    |
| Chips                          |              |                              |  |                     |      |       |                   |         |         |      |         |                |      |                    |
| Curry sauce                    |              |                              |  |                     |      |       | MILK              |         |         |      |         |                |      |                    |
| Peas/ sweetcorn/<br>mushy peas |              |                              |  |                     |      |       |                   |         |         |      |         |                |      |                    |
| Tomato sauce                   |              |                              |  |                     |      |       |                   |         |         |      |         |                |      |                    |
| Pasta                          |              | GLUTEN<br>WHEAT              |  |                     |      |       |                   |         |         |      |         |                |      |                    |
| Garlic Bread                   |              | GLUTEN<br>WHEAT              |  |                     |      |       | MILK              |         |         |      |         |                | SOYA |                    |
| Baked beans                    |              |                              |  |                     |      |       |                   |         |         |      |         |                |      |                    |
| Cheese                         |              |                              |  |                     |      |       | MILK              |         |         |      |         |                |      |                    |
| Sticky toffee pudding          |              | GLUTEN<br>WHEAT              |  | EGGS                |      |       | MILK              |         |         |      |         |                |      |                    |
| Toffee sauce                   |              |                              |  |                     |      |       | MILK              |         |         |      |         |                |      |                    |
| Angel delights                 |              |                              |  |                     |      |       | MILK              |         |         |      |         |                |      |                    |
| Jelly                          | Not suitable | for vegetaria                | ns   |                     |      |       |                   |         |         |      |         |                |      |                    |

# **MONDAY WEEK 2**



























| I.   | WINE |
|------|------|
| Beer |      |

|                                   | 21           |                           | - P         | لمما            |      |       |      |         |         |      |         |                 |      |                    |
|-----------------------------------|--------------|---------------------------|-------------|-----------------|------|-------|------|---------|---------|------|---------|-----------------|------|--------------------|
|                                   | Celery       | Cereals containing gluten | Crustaceans | Eggs            | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Chicken curry                     |              |                           |             |                 |      |       | MILK |         |         |      |         |                 |      |                    |
| Mango chutney                     |              |                           |             |                 |      |       |      |         |         |      |         | SESAME<br>SEEDS |      |                    |
| Sweet potato & butter bean curry  |              |                           |             |                 |      |       | MILK |         |         |      |         |                 |      |                    |
| Rice                              |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Naan bread                        |              | GLUTEN<br>WHEAT           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Onion bhajis                      |              | GLUTEN<br>WHEAT           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Peas/ sweetcorn                   |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Tomato sauce                      |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Pasta                             |              | GLUTEN<br>WHEAT           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Garlic Bread                      |              | GLUTEN<br>WHEAT           |             |                 |      |       | MILK |         |         |      |         |                 | SOYA |                    |
| Baked jacket potato/ sweet potato |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Baked beans                       |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |
| Tuna mayonnaise                   |              |                           |             | EGGS<br>IN MAYO | FISH |       |      |         |         |      |         |                 |      |                    |
| Cheese                            |              |                           |             |                 |      |       | MILK |         |         |      |         |                 |      |                    |
| Strawberry<br>mousse cake         |              | GLUTEN<br>WHEAT           |             | EGGS            |      |       | MILK |         |         |      |         |                 |      |                    |
| Angel delights                    |              |                           |             |                 |      |       | MILK |         |         |      |         |                 |      |                    |
| Jelly                             | Not suitable | for vegetaria             | ıns         |                 |      |       |      |         |         |      |         |                 |      |                    |
|                                   |              |                           |             |                 |      |       |      |         |         |      |         |                 |      |                    |

## **TUESDAY WEEK 2**



























| 3.01.20                              |                     |                           | A TOP          |      |      | Hour  |                            |         |         |      |         |                 |      | Beer               |
|--------------------------------------|---------------------|---------------------------|----------------|------|------|-------|----------------------------|---------|---------|------|---------|-----------------|------|--------------------|
|                                      | Celery              | Cereals containing gluten | Crustacea<br>n | Eggs | Fish | Lupin | Milk                       | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Roast pork loin                      |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Yorkshire pudding                    |                     | GLUTEN WHEAT              |                | EGGS |      |       | MILK                       |         |         |      |         |                 |      |                    |
| Stuffing                             | MAY CONTAIN         | GLUTEN<br>WHEAT/BARLEY    |                |      |      |       | MAY<br>CONTAIN             |         |         |      |         |                 |      |                    |
| Gravy                                |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Roasted vegetable flatbread          |                     | GLUTEN WHEAT<br>IN BREAD  |                |      |      |       | MILK IN<br>CHEESE          |         |         |      |         |                 |      |                    |
| Roast potatoes                       |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Carrots/ broccoli                    |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Cauliflower cheese                   |                     |                           |                |      |      |       | MILK IN<br>SAUCE<br>CHEESE |         |         |      |         |                 |      |                    |
| Peas/ sweetcorn                      |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Tomato sauce                         |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Pasta                                |                     | GLUTEN WHEAT              |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Garlic Bread                         |                     | GLUTEN WHEAT              |                |      |      |       | MILK                       |         |         |      |         |                 | SOYA |                    |
| Baked jacket potato/<br>sweet potato |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      |                    |
| Baked beans                          |                     |                           |                |      |      |       |                            |         |         |      |         |                 |      | 1                  |
| Cheese                               |                     |                           |                |      |      |       | MILK                       |         |         |      |         |                 |      | 1                  |
| Syrup sponge                         |                     | GLUTEN WHEAT              |                | EGGS |      |       |                            |         |         |      |         |                 |      |                    |
| Custard                              |                     |                           |                |      |      |       | MILK                       |         |         |      |         |                 |      |                    |
| Angel delights                       |                     |                           |                |      |      |       | MILK                       |         |         |      |         |                 |      |                    |
| Jelly                                | Not suitable for ve | egetarians                |                |      |      |       |                            |         |         |      |         |                 |      |                    |

# **WEDNESDAY WEEK 2**



























|                                   |               |   | A F              |                  |      |           |                            |         |         |      | 0       |                            |      | Beer               |
|-----------------------------------|---------------|---|------------------|------------------|------|-----------|----------------------------|---------|---------|------|---------|----------------------------|------|--------------------|
|                                   | Celery        | Cereals containing gluten                     | Crustaceans      | Eggs             | Fish | Lupin     | Milk                       | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds               | Soya | Sulphur<br>Dioxide |
| Lasagne                           |               | GLUTEN<br>WHEAT                               |                  | EGGS<br>IN PASTA |      |           | MILK<br>IN CHEESE<br>SAUCE |         |         |      |         |                            |      |                    |
| Quesadilla                        |               | GLUTEN<br>WHEAT/BARLEY<br>OATS/RYE IN<br>WRAP | ,                |                  |      |           | MILK IN<br>WRAP<br>CHEESE  |         |         |      |         | SESAME<br>SEEDS IN<br>WRAP |      |                    |
| Smashed baby jacket potatoes      |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Roasted vegetables                |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Peas/ sweetcorn                   |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Tomato sauce                      |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Pasta                             |               | GLUTEN<br>WHEAT                               |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Garlic Bread                      |               | GLUTEN<br>WHEAT                               |                  |                  |      |           | MILK                       |         |         |      |         |                            | SOYA |                    |
| Baked jacket potato/ sweet potato |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Baked beans                       |               |   |                  |                  |      |           |                            |         |         |      |         |                            |      |                    |
| Tuna<br>mayonnaise                |               |   |                  | EGGS<br>IN MAYO  | FISH |           |                            |         |         |      |         |                            |      |                    |
| Cheese                            |               |   |                  |                  |      |           | MILK                       |         |         |      |         |                            |      |                    |
| Biscuit day                       | Allergen info | rmation available                             | e at serving cou | ınter            |      |           |                            |         |         |      |         |                            |      |                    |
| Angel delights                    |               |   |                  |                  |      |           | MILK                       |         |         |      |         |                            |      |                    |
| Jelly                             |               |   |                  |                  |      | Not suita | able for veget             | tarians |         |      |         |                            |      |                    |

## **THURSDAY WEEK 2**

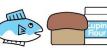


























|                        |              |                                |                 |                 |      |       |                         |         |             |      |         | (COPPER)     |      | Beer               |
|------------------------|--------------|--------------------------------|-----------------|-----------------|------|-------|-------------------------|---------|-------------|------|---------|--------------|------|--------------------|
|                        | Celery       | Cereals containing gluten      | Crustacean<br>s | Eggs            | Fish | Lupin | Milk                    | Mollusc | Mustar<br>d | Nuts | Peanuts | Sesame seeds | Soya | Sulphur<br>Dioxide |
| Creamy chicken<br>bake |              | GLUTEN<br>BREADCRU<br>MBS      |                 |                 |      |       | MILK CREAM              |         |             |      |         |              |      |                    |
| Macaroni cheese        |              | GLUTEN<br>WHEAT IN<br>MACARONI |                 |                 |      |       | MILK<br>CHESE/CREA<br>M |         |             |      |         |              |      |                    |
| Rice                   |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Broccoli               |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Peas/ sweetcorn        |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Tomato sauce           |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Pasta                  |              | GLUTEN<br>WHEAT                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Garlic Bread           |              | GLUTEN<br>WHEAT                |                 |                 |      |       | MILK                    |         |             |      |         |              | SOYA |                    |
| Baked jacket potato    |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Baked beans            |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Tuna mayonnaise        |              |                                |                 | EGGS<br>IN MAYO | FISH |       |                         |         |             |      |         |              |      |                    |
| Cheese                 |              |                                |                 |                 |      |       | MILK                    |         |             |      |         |              |      |                    |
| Waffles                |              | GLUTEN<br>WHEAT                |                 | EGGS            |      |       | MILK                    |         |             |      |         |              | SOYA |                    |
| Whipped cream          |              |                                |                 |                 |      |       | MILK CREAM              |         |             |      |         |              |      |                    |
| Toffee sauce           |              |                                |                 |                 |      |       | MILK                    |         |             |      |         |              |      |                    |
| Angel delights         |              |                                |                 |                 |      |       |                         |         |             |      |         |              |      |                    |
| Jelly                  | Not suitable | for vegetarian                 | ıs              |                 |      |       |                         |         |             |      |         |              |      |                    |

## **FRIDAY WEEK 2**































|                                   | 27             |                              | B 8         | لممل            |      |       |                |         |                |      |         |                |                |                    |
|-----------------------------------|----------------|------------------------------|-------------|-----------------|------|-------|----------------|---------|----------------|------|---------|----------------|----------------|--------------------|
|                                   | Celery         | Cereals containing gluten    | Crustaceans | Eggs            | Fish | Lupin | Milk           | Mollusc | Mustard        | Nuts | Peanuts | Sesame seeds   | Soya           | Sulphur<br>Dioxide |
| Beef burger                       | MAY<br>CONTAIN | GLUTEN<br>WHEAT              |             | MAY<br>CONTAIN  |      |       | MAY<br>CONTAIN |         | MAY<br>CONTAIN |      |         |                | MAY<br>CONTAIN | SULPHUR<br>DIOXIDE |
| Burger bun                        |                | GLUTEN<br>WHEAT              |             |                 |      |       |                |         |                |      |         | MAY<br>CONTAIN |                |                    |
| Battered cod fillet               |                | GLUTEN<br>WHEAT<br>IN BATTER |             |                 | FISH |       |                |         |                |      |         |                |                |                    |
| Tartar sauce                      |                |                              |             | EGGS<br>IN MAYO |      |       |                |         |                |      |         |                |                |                    |
| Fish fingers                      |                | GLUTEN<br>WHEAT              |             |                 | FISH |       |                |         |                |      |         |                |                |                    |
| Veggie quarter<br>pounder         |                | GLUTEN<br>WHEAT              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Chips                             |                |                              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Curry sauce                       |                |                              |             |                 |      |       | MILK           |         |                |      |         |                |                |                    |
| Tomato sauce                      |                |                              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Pasta                             |                | GLUTEN<br>WHEAT              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Garlic Bread                      |                | GLUTEN<br>WHEAT              |             |                 |      |       | MILK           |         |                |      |         |                | SOYA           |                    |
| Baked jacket potato/ sweet potato |                |                              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Baked beans                       |                |                              |             |                 |      |       |                |         |                |      |         |                |                |                    |
| Cheese                            |                |                              |             |                 |      |       | MILK           |         |                |      |         |                |                |                    |
| Bread & butter<br>pudding         |                | GLUTEN<br>WHEAT              |             | EGGS            |      |       | MILK           |         |                |      |         |                | SOYA           |                    |
| Custard                           |                |                              |             |                 |      |       | MILK           |         |                |      |         |                |                |                    |
| Angel delights                    |                |                              |             |                 |      |       | MILK           |         |                |      |         |                |                |                    |
| Jelly                             | Not suitable   | for vegetarian               | s           |                 |      |       |                |         |                |      |         |                |                |                    |

## **MONDAY WEEK 3**



























|            | A   |  |
|------------|-----|--|
| \[ \langle | WNE |  |
| Beer       |     |  |

|  | 200    |                           | The state of the s | Und             |      |       |                  |         |         | Sa   |         |              | 0    |                    |
|--|--------|---------------------------|--|-----------------|------|-------|------------------|---------|---------|------|---------|--------------|------|--------------------|
|  | Celery | Cereals containing gluten | Crustaceans  | Eggs            | Fish | Lupin | Milk             | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur<br>Dioxide |
| Texas chilli beef                        |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Creamy butternut squash & coconut tagine |        |                           |  |                 |      |       | MILK IN<br>CREAM |         |         |      |         |              |      |                    |
| Rice                                     |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Flatbread                                |        | GLUTEN<br>WHEAT           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Sour cream                               |        |                           |  |                 |      |       | MILK             |         |         |      |         |              |      |                    |
| Peas/ sweetcorn                          |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Tomato sauce                             |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Pasta                                    |        | GLUTEN<br>WHEAT           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Garlic Bread                             |        | GLUTEN<br>WHEAT           |  |                 |      |       | MILK             |         |         |      |         |              | SOYA |                    |
| Baked jacket potato/ sweet potato        |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Baked beans                              |        |                           |  |                 |      |       |                  |         |         |      |         |              |      |                    |
| Tuna mayonnaise                          |        |                           |  | EGGS<br>IN MAYO | FISH |       |                  |         |         |      |         |              |      |                    |
| Cheese                                   |        |                           |  |                 |      |       | MILK             |         |         |      |         |              |      |                    |
| lced vanilla<br>sponge cake              |        | GLUTEN<br>WHEAT           |  | EGGS            |      |       | MILK             |         |         |      |         |              |      |                    |
| Angel delights                           |        |                           |  |                 |      |       | MILK             |         |         |      |         |              |      |                    |

# **TUESDAY WEEK 3**



























|                           |                |                                 |             |                 |      |          |                            |         |                          |      | <b>O</b> |                 |      | Beer               |
|---------------------------|----------------|---------------------------------|-------------|-----------------|------|----------|----------------------------|---------|--------------------------|------|----------|-----------------|------|--------------------|
|                           | Celery         | Cereals<br>containing<br>gluten | Crustaceans | Eggs            | Fish | Lupin    | Milk                       | Mollusc | Mustard                  | Nuts | Peanuts  | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Roast chicken             |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Yorkshire pudding         |                | GLUTEN<br>WHEAT                 |             | EGGS            |      |          | MILK                       |         |                          |      |          |                 |      |                    |
| Stuffing                  | MAY<br>CONTAIN | GLUTEN<br>WHEAT/BARLEY          |             |                 |      |          | MAY<br>CONTAIN             |         |                          |      |          |                 |      |                    |
| Gravy                     |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Grilled vegetable ravioli |                | GLUTEN IN<br>PASTA              |             | EGG IN<br>PASTA |      |          | MILK IN<br>FILLING         |         | MUSTARD<br>IN<br>FILLING |      |          |                 |      |                    |
| Roast potatoes            |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Cauliflower cheese        |                |                                 |             |                 |      |          | MILK<br>IN SAUCE<br>CHEESE |         |                          |      |          |                 |      |                    |
| Peas/ sweetcorn           |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Tomato sauce              |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Pasta                     |                | GLUTEN<br>WHEAT                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Garlic Bread              |                | GLUTEN<br>WHEAT                 |             |                 |      |          | MILK                       |         |                          |      |          |                 | SOYA |                    |
| Baked jacket potato       |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Baked beans               |                |                                 |             |                 |      |          |                            |         |                          |      |          |                 |      |                    |
| Cheese                    |                |                                 |             |                 |      |          | MILK                       |         |                          |      |          |                 |      |                    |
| Apple pie                 |                | GLUTEN<br>WHEAT                 |             | EGGS            |      |          |                            |         |                          |      |          |                 |      |                    |
| Custard                   |                |                                 |             |                 |      |          | MILK                       |         |                          |      |          |                 |      |                    |
| Angel delights            |                |                                 |             |                 |      |          | MILK                       |         |                          |      |          |                 |      |                    |
| Jelly                     |                |                                 |             |                 |      | Not suit | able for vege              | tarians |                          |      |          |                 |      |                    |

# **WEDNESDAY WEEK 3**



























|                                   |                |   | 02-40         | الممل           |      |       |                           |         |                |      |         |                            |                |                    |
|-----------------------------------|----------------|---|---------------|-----------------|------|-------|---------------------------|---------|----------------|------|---------|----------------------------|----------------|--------------------|
|                                   | Celery         | Cereals<br>containing<br>gluten               | Crustacean    | Eggs            | Fish | Lupin | Milk                      | Mollusc | Mustard        | Nuts | Peanuts | Sesame<br>seeds            | Soya           | Sulphur<br>Dioxide |
| Beef meatballs                    | MAY<br>CONTAIN | MAY CONTAIN                                   |               |                 |      |       | MAY<br>CONTAIN            |         | MAY<br>CONTAIN |      |         |                            | MAY<br>CONTAIN | SULPHUR<br>DIOXIDE |
| Tomato sauce                      |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Quesadilla                        |                | GLUTEN<br>WHEAT/BARLEY<br>OATS/RYE IN<br>WRAP |               |                 |      |       | MILK IN<br>WRAP<br>CHEESE |         |                |      |         | SESAME<br>SEEDS IN<br>WRAP |                |                    |
| Spaghetti                         |                | GLUEN WHEAT                                   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Sauté potatoes                    |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Roasted courgettes & mushrooms    |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Peas/ sweetcorn                   |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Tomato sauce                      |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Pasta                             |                | GLUTEN<br>WHEAT                               |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Garlic Bread                      |                | GLUTEN<br>WHEAT                               |               |                 |      |       | MILK                      |         |                |      |         |                            | SOYA           |                    |
| Baked jacket potato/ sweet potato |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Baked beans                       |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| Tuna<br>mayonnaise                |                |   |               | EGGS<br>IN MAYO | FISH |       |                           |         |                |      |         |                            |                |                    |
| Cheese                            |                |   |               |                 |      |       | MILK                      |         |                |      |         |                            |                |                    |
| Biscuit day                       | Allergen info  | rmation available                             | at serving co | unter           |      |       |                           |         |                |      |         |                            |                |                    |
| Angel delights                    |                |   |               |                 |      |       | MILK                      |         |                |      |         |                            |                |                    |
| Jelly                             | Not suitable   | for vegetarians                               |               |                 |      |       |                           |         |                |      |         |                            |                |                    |
| 1                                 |                |   |               |                 |      |       |                           |         |                |      |         |                            |                |                    |

## **THURSDAY WEEK 3**





























|                                   | 217          |                                | The state of the s | لمما            |      |       |                         |         |         | 60   |         |                 |      |                    |
|-----------------------------------|--------------|--------------------------------|--|-----------------|------|-------|-------------------------|---------|---------|------|---------|-----------------|------|--------------------|
|                                   | Celery       | Cereals containing gluten      | Crustaceans  | Eggs            | Fish | Lupin | Milk                    | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Pork sausages                     |              | GLUTEN<br>WHEAT                |  |                 |      |       |                         |         |         |      |         |                 |      | SULPHUR<br>DIOXIDE |
| Roasted onions & peppers          |              |                                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Macaroni cheese                   |              | GLUTEN<br>WHEAT IN<br>MACARONI |  |                 |      |       | MILK<br>CHESE/CREAM     |         |         |      |         |                 |      |                    |
| Mash                              |              |                                |  |                 |      |       | MILK<br>BUTTER<br>CREAM |         |         |      |         |                 |      |                    |
| Peas/ sweetcorn                   |              |                                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Tomato sauce                      |              |                                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Pasta                             |              | GLUTEN<br>WHEAT                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Garlic Bread                      |              | GLUTEN<br>WHEAT                |  |                 |      |       | MILK                    |         |         |      |         |                 | SOYA |                    |
| Baked jacket potato/ sweet potato |              |                                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Baked beans                       |              |                                |  |                 |      |       |                         |         |         |      |         |                 |      |                    |
| Tuna mayonnaise                   |              |                                |  | EGGS<br>IN MAYO | FISH |       |                         |         |         |      |         |                 |      |                    |
| Cheese                            |              |                                |  |                 |      |       | MILK                    |         |         |      |         |                 |      |                    |
| Fudge tart                        |              | GLUTEN<br>WHEAT                |  |                 |      |       | MILK                    |         |         |      |         |                 | SOYA |                    |
| Angel delights                    |              |                                |  |                 |      |       | MILK                    |         |         |      |         |                 |      |                    |
| Jelly                             | Not suitable | for vegetaria                  | ans  |                 |      | •     |                         |         |         |      |         |                 |      |                    |

## **FRIDAY WEEK 3**





























|                                   | 30           |                              |             |                 | THE THE PARTY OF T |       |      |         |         |      |         | (Leonies)       | 0    | Beer               |
|-----------------------------------|--------------|------------------------------|-------------|-----------------|--|-------|------|---------|---------|------|---------|-----------------|------|--------------------|
|                                   | Celery       | Cereals containing gluten    | Crustaceans | Eggs            | Fish   | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Chicken goujons                   |              | GLUTEN<br>WHEAT              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Battered cod fillet               |              | GLUTEN<br>WHEAT IN<br>BATTER |             |                 | FISH   |       |      |         |         |      |         |                 |      |                    |
| Tartar sauce                      |              |                              |             | EGGS<br>IN MAYO |  |       |      |         |         |      |         |                 |      |                    |
| Fish fingers                      |              | GLUTEN<br>WHEAT              |             |                 | FISH   |       |      |         |         |      |         |                 |      |                    |
| Crispy Quorn strips               |              | GLUTEN<br>WHEAT              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Chips                             |              |                              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Curry sauce                       |              |                              |             |                 |  |       | MILK |         |         |      |         |                 |      |                    |
| Peas/ sweetcorn/<br>mushy peas    |              |                              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Tomato sauce                      |              |                              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Pasta                             |              | GLUTEN<br>WHEAT              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Garlic Bread                      |              | GLUTEN<br>WHEAT              |             |                 |  |       | MILK |         |         |      |         |                 | SOYA |                    |
| Baked jacket potato/ sweet potato |              |                              |             |                 |  |       |      |         |         |      |         |                 |      |                    |
| Tuna mayonnaise                   |              |                              |             | EGGS<br>IN MAYO | FISH   |       |      |         |         |      |         |                 |      |                    |
| Cheese                            |              |                              |             |                 |  |       | MILK |         |         |      |         |                 |      |                    |
| Chocolate sponge                  |              | GLUTEN<br>WHEAT              |             | EGGS            |  |       |      |         |         |      |         |                 |      |                    |
| Chocolate sauce                   |              |                              |             |                 |  |       | MILK |         |         |      |         |                 |      |                    |
| Angel delights                    |              |                              |             |                 |  |       | MILK |         |         |      |         |                 |      |                    |
| Jelly                             | Not suitable | for vegetaria                | ns          |                 |  |       |      |         |         |      |         |                 |      |                    |