

## Menu Allergens Autumn - Winter 2022

<b>Mains</b>		
<b>Week 1</b>		
Sausage Casserole	G C	
Chicken Korma	M	
Meat Pizza	G M D S	MC E
Breaded Cod Bites	G F	
<b>Week 2</b>		
Chicken Burger in a bun	G	MC S/S
Chicken Fajitas	G	
Yorkshire Puddings	G E M	
Beef Lasagne	G M D	
Breaded Fish	G F	
<b>Week 3</b>		
Spaghetti Bolognese	G	
Turkey with Pigs in Blankets	G M S/D	
Chicken Pasta	G M	
Jumbo Fish Finger	G M F M/D	
<b>Vegetarians</b>		
<b>Week 1</b>		
Bean Casserole	C	
Sweet Potato, Chickpea & Spinach Korma	M	
Leek and Potato Pie	G M D	
Veggie Pizza	G M D S	MC E
Macaroni Cheese	G M D	
<b>Week 2</b>		
Vegetable Noodle Stir Fry	G E S C	
Vegetable Fajitas	G	
Quorn Ball & Yorkshire Pudding	G E M	
Vegetable Lasagne	G M D	
Vegetable Risotto	E M D C	
<b>Week 3</b>		
Lentil Bolognese	G C	
Vegetable Paella	C	
Ratatouille Pasta Bake	G M D	
Vegetable Pasta (Gnocchi)	G M D	
Quorn Sausages	G E M	
<b>Extras</b>		
Mashed Potato		MC M
Onion Bhaji	G	
Naan Bread	G M	
Sage & Onion Stuffing	G	
Gravy	G	
Potato Wedges	G	
Coleslaw	E M/D	
Garlic Bread	G	MC M S
Spaghetti Hoops	G	
Crusty Bread	G	MC S/S

<b>Food Allergens and Codes</b>	
G	Gluten
N	Nuts
P	Peanuts
E	Eggs
M	Milk
D	Dairy
S	Soya
F	Fish
M/D	Mustard
S/S	Sesame Seeds
L	Lupin
S/D	Sulphites (Sulphur Dioxide)
C	Celery
C/F	Crustaceans
M/F	Molluscs
MC	May Contain Allergens

<b>Jacket Potatoes</b>		
Cheese	M D	
Tuna Mayo	E F M/D	
Butter Portion	M	
<b>Grab and Go</b>		
Cheese Pitta	G M D	MC S
Tuna Mayo Wrap	G E F M/D	
Ham Roll	G M	MC S/S
Cheese Sandwich	G M D S	
Yogurt	M	
Cake/Oat Cookie	G E	
Chocolate Chip Cookie	G E	MC M S
<b>Puddings</b>		
<b>Week 1</b>		
Apple Crumble & Custard	G M	
Ice Cream	M	
Shortbread	G	
Cream	M	
Jam Doughnut	G S	MC E S/S
<b>Week 2</b>		
Iced Sponge Cake	G E	
Cheesecake	G M	MC E S
Raspberry Ripple Mousse	M	
Chocolate Sponge & Chocolate Sauce	G E M	
Carrot Cake	G E	
<b>Week 3</b>		
Syrup Sponge & Custard	G E M	
Spanish Rice Pudding	M	
Chocolate Chip Cookies	G E M S	
Flapjack	G	
Blueberry Muffin Cake	G E M	