
















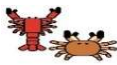












DISHES AND THEIR ALLERGEN CONTENT

LUNCH WEEK ONE

DISHES	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphites	 Celery	Wheat	Barley	Oats	Rye
Chicken Curry	✓														✓			
Macaroni Cheese	✓					✓									✓			
Salmon Fish Fingers	✓			✓											✓			
Pork Sausages	✓														✓			
Gravy																		
Mince Steak & Vegetables																		
Rice																		
Garlic Bread	✓										✓				✓	✓		
Potatoes																		
Pasta	✓														✓			
Sweetcorn																		
Baked Beans																		
Peas																		
Broccoli																		
Sweetcorn & Peas																		
Cucumber																		
Tomato																		
Grated Carrot																		
Beetroot																		
Lettuce																		
Fruit																		
Natural Yoghurt						✓												
Melon																		
Potato & Leek Soup																		
Orange Cake	✓		✓												✓			
Custard						✓												


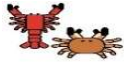









DISHES AND THEIR ALLERGEN CONTENT

LUNCH WEEK TWO

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Bubblefish				✓														
Cheesy Vegetable Pasta	✓					✓									✓			
Chicken Fricasse	✓					✓									✓			
Salmon & Sweet Potato Fishcake	✓			✓											✓			
Roast Beef																		
Gravy																		
Pasta	✓														✓			
Roll	✓		✓			✓					✓	✓			✓	✓	✓	✓
Rice																		
Potatoes																		
Carrots																		
Broccoli																		
Sweetcorn																		
Peas																		
Tomato																		
Lettuce																		
Beetroot																		
Cucumber																		
Coleslaw			✓			✓												
Fruit																		
Natural Yoghurt						✓												
Plain Muffin	✓		✓			✓						✓			✓			
Chocolate Sponge	✓		✓			✓						✓			✓			
Custard						✓												
Rice Pudding						✓												
Peaches																		
Melon																		
Carrot & Potato Soup																		


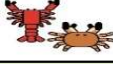












DISHES AND THEIR ALLERGEN CONTENT

LUNCH WEEK THREE

DISHES	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame	 Soya	 Sulphites	 Celery	Wheat	Barley	Oats	Rye
Steak Mince & Vegetables																		
Macaroni Cheese	✓					✓									✓			
Salmon Fish Fingers	✓			✓											✓			
Pork Sausages	✓														✓			
Gravy																		
Chicken Goujons	✓		✓			✓									✓	✓	✓	✓
Garlic Bread	✓										✓				✓	✓		
Pasta	✓														✓			
Potatoes																		
Peas																		
Broccoli																		
Baked Beans																		
Cauliflower																		
Carrots																		
Tomato																		
Beetroot																		
Cucumber																		
Lettuce																		
Toffee Pudding	✓		✓			✓									✓			
Custard						✓												
Fruit																		
Tomato Soup																		
Gingerbread Sponge	✓		✓												✓			
Cornflake Biscuit	✓		✓												✓			


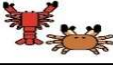












DISHES AND THEIR ALLERGEN CONTENT

LUNCH WEEK FOUR

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Cheese Melt Baguette	✓					✓					✓				✓	✓		
Roast Chicken																		
Gravy																		
Tomato Pasta	✓														✓			
Steak Pie	✓														✓			
Salmon & Sweet Potato Fishcake	✓			✓											✓			
Potatoes																		
Roll	✓		✓			✓					✓	✓			✓	✓	✓	✓
Pasta	✓														✓			
Baked Beans																		
Broccoli																		
Sweetcorn																		
Peas																		
Carrots																		
Cucumber																		
Lettuce																		
Tomato																		
Coleslaw			✓			✓												
Melon Slice																		
Chocolate Oat Cookie	✓														✓		✓	
Lentil Soup																		
Fruit																		
Natural Yoghurt						✓												
Shortbread	✓														✓			


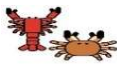












DISHES AND THEIR ALLERGEN CONTENT

LUNCH VEGETARIAN WEEK ONE

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Vegetable & Lentil Curry	√														√			
Macaroni Cheese	√					√									√			
Vegetable Fingers	√														√			
Vegetarian Sausages	√											√	√		√			
Gravy																		
Lentil & Vegetable Casserole																		
Rice																		
Garlic Bread	√										√				√	√		
Potatoes																		
Pasta	√														√			
Sweetcorn																		
Broccoli																		
Peas & Sweetcorn																		
Peas																		
Baked Beans																		
Cucumber																		
Tomato																		
Carrots																		
Beetroot																		
Lettuce																		
Fruit																		
Natural Yoghurt						√												
Melon																		
Potato & Leek Soup																		
Orange Cake	√		√												√			
Custard						√												















DISHES AND THEIR ALLERGEN CONTENT

LUNCH VEGETARIAN WEEK TWO

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Potato & Bean Pie																		
Cheesy Vegetable Pasta	√					√									√			
Vegetable Fricasse	√					√									√			
Vegetable & Potato Cake	√		√			√									√	√	√	√
Vegetable Burger	√											√			√	√		
Gravy																		
Pasta	√														√			
Roll	√		√			√					√	√			√	√	√	√
Rice																		
Potatoes																		
Carrots																		
Broccoli																		
Sweetcorn																		
Peas																		
Broccoli																		
Tomato																		
Lettuce																		
Beetroot																		
Coleslaw			√			√												
Cucumber																		
Fruit																		
Natural Yoghurt						√												
Plain Muffin	√		√			√						√			√			
Chocolate Sponge	√		√			√						√			√			
Custard						√												
Rice Pudding						√												
Peaches																		
Carrot & Potato Soup																		















DISHES AND THEIR ALLERGEN CONTENT

LUNCH VEGETARIAN WEEK THREE

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Vege Balls in Tomato sauce	✓											✓	✓		✓			
Macaroni Cheese	✓					✓									✓			
Vegetable Finger	✓														✓			
Vegetarian Sausages	✓											✓	✓		✓			
Gravy																		
Spring Roll	✓				✓			✓				✓			✓			
Potatoes																		
Garlic Bread	✓										✓				✓	✓		
Pasta	✓														✓			
Peas																		
Broccoli																		
Baked Beans																		
Cauliflower																		
Carrots																		
Tomato																		
Beetroot																		
Cucumber																		
Lettuce																		
Toffee Pudding	✓		✓			✓									✓			
Custard						✓												
Fruit																		
Cornflake Biscuit	✓		✓												✓			
Tomato Soup																		
Natural Yoghurt						✓												
Gingerbread Sponge	✓		✓												✓			















DISHES AND THEIR ALLERGEN CONTENT

LUNCH VEGETARIAN WEEK FOUR

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Cheese Melt Baguette	✓					✓					✓				✓	✓		
Vegetable Burger	✓											✓			✓	✓		
Gravy																		
Tomato Pasta	✓														✓			
Vegetable Pie	✓					✓									✓			
Potato & Vegetable Cake	✓		✓			✓									✓	✓	✓	✓
Potatoes																		
Roll	✓		✓			✓					✓	✓			✓	✓	✓	✓
Pasta	✓														✓			
Baked Beans																		
Broccoli																		
Sweetcorn																		
Peas																		
Carrots																		
Cucumber																		
Lettuce																		
Tomato																		
Coleslaw			✓			✓												
Melon Slice																		
Chocolate Oat Cookie	✓														✓		✓	
Fruit																		
Lentil Soup																		
Natural Yoghurt						✓												
Shortbread	✓														✓			

DISHES AND THEIR ALLERGEN CONTENT















VEGETARIAN LIGHT TEAS WEEK ONE

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Lentil Soup														✓				
Cheese Roll	✓		✓			✓					✓	✓			✓	✓	✓	✓
Salad																		
Vegetable & Lentil Casserole																		
Fruit																		
Natural Yoghurt						✓												
Cheese Sandwich	✓					✓									✓	✓	✓	✓
Strawberry Mousse						✓												
Tomato Soup														✓				
Oatie Biscuit	✓														✓		✓	
Fruit																		
Vegetable Soup														✓				
Quorn Chicken Picky Plate	✓														✓			

Last updated 31/03/2025

DISHES AND THEIR ALLERGEN CONTENT


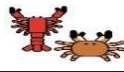












VEGETARIAN Light Teas Week Two

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Jacket Potato & Cheese						√												
Fruit																		
Natural Yoghurt						√												
Lentil Soup														√				
Quorn Chicken Sandwich	√														√	√	√	√
Salad																		
Green Split Pea Soup														√				
Quorn Chicken Picky Plate	√														√			
Vegetable Pasta Bake	√					√								√				
Cheese & Egg Picky Plate	√		√			√								√				
Fruit Bowl Selection																		

Last updated 31/03/2025

DISHES AND THEIR ALLERGEN CONTENT















VEGETARIAN Light Teas Week Three

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Vegetable Soup														√				
Cheese Sandwich	√					√									√	√	√	√
Salad																		
Quorn Chicken Picky Plate	√														√			
Fruit																		
Natural Yoghurt						√												
Lentil Soup														√				
Cheese Sandwich	√					√									√	√	√	√
Salad																		
Quorn Chicken Salad Wrap	√														√			
Vegetable Bolognese Pasta	√														√			
Fruit Bowl Selection																		

Last updated 31/03/2025

DISHES AND THEIR ALLERGEN CONTENT


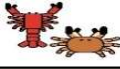












VEGETARIAN Light Teas Week Four

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Carrot & Potato Soup														√				
Cheese Sandwich	√					√									√	√	√	√
Salad																		
Cheese & Egg Picky Plate	√		√			√									√			
Melon & Grapes																		
Natural Yoghurt						√												
Baked Potato with Beans																		
Fruit																		
Vegetable Noodle Soup	√		√											√	√			
Apple Crumble	√														√		√	
Potato Soup														√				
Cheese & Pepper Wrap	√					√									√			

Last updated 31/03/2025

DISHES AND THEIR ALLERGEN CONTENT















LIGHT TEA MENU WEEK 1

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Lentil Soup																		
Tuna Mayo Roll	✓		✓	✓		✓						✓			✓	✓	✓	✓
Salad																		
Cottage Pie & Baked Beans																		
Fruit																		
Natural Yoghurt						✓												
Cheese Sandwich	✓					✓									✓	✓	✓	✓
Strawberry Mousse						✓												
Tomato Soup																		
Oatie Biscuit	✓														✓		✓	
Vegetable Soup																		
Chicken Picky Plate	✓														✓			

Last updated: 13/03/25

DISHES AND THEIR ALLERGEN CONTENT


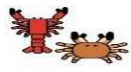












LIGHT TEA MENU WEEK 2

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Jacket Potato & Cheese						√												
Fruit																		
Natural Yoghurt						√												
Lentil Soup																		
Chicken Slice Sandwich	√					√									√	√	√	√
Green Pea Soup																		
Ham Picky Plate	√										√				√	√		
Chicken Pasta Bake	√														√			
Cheese & Egg Picky Plate	√		√			√									√			
Fruit Bowl Selection																		

Last updated: 13/03/25

DISHES AND THEIR ALLERGEN CONTENT


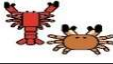












LIGHT TEA MENU WEEK 3

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Vegetable Soup																		
Cheese Sandwich	√					√									√	√	√	√
Salad																		
Chicken Picky Plate	√		√			√					√	√			√	√	√	√
Fruit																		
Natural Yoghurt						√												
Lentil Soup																		
Tuna Mayo Sandwich	√			√		√									√	√	√	√
Bolognaise Pasta	√		√												√			
Fruit Bowl Selection																		
Chicken Slice Salad Wrap	√														√			
Salad																		

Last updated: 13/03/25

DISHES AND THEIR ALLERGEN CONTENT

LIGHT TEA MENU WEEK 4

DISHES																		
	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Celery	Wheat	Barley	Oats	Rye
Carrot & Potato Soup																		
Ham Sandwich	√					√					√				√	√	√	√
Cheese & Egg Picky Plate	√		√			√									√			
Melon & Grapes																		
Natural Yoghurt						√												
Baked Potato with Beans																		
Chicken Noodle Soup	√		√												√			
Apple Crumble	√														√		√	
Fruit																		
Potato Soup																		
Cheese & Red Pepper Wrap	√					√									√			
Mixed Salad																		

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