

Mon		Dietary	Allergens	May Contain
Soup	Mushroom	V, VE, GF		
Main	Beef Lasagne		G, D,	
Pot Meal	Stuffed Jackets with cheese and Ham		D	
Vegetarian	Vegetable Chow Mein	V	G	
Pudding	Chocolate & Orange Sponge Pudding		D, E, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tue		Dietary	Allergens	May Contain
Soup	Tomato	V, VE, GF		
Main	Tuna Pasta Bake		G, F	C
Pot Meal	Beef Curry & Rice	GF		
Vegetarian	Vegetable Lasagne	V	D, G	
Pudding	Ginger Sponge Pudding		D, E, G	
Panini	Pepperoni or Cheese & Tomato		D, G	

Wed		Dietary	Allergens	May Contain
Soup	Cauliflower and Thyme	V, VE, GF		
Main	Roast Turkey with Yorkshire Pudding		D, E, G	
Pot Meal	Sweet Chilli Chicken Pasta		G	
Vegetarian	Mushroom stroganoff	GF, V	D	
Pudding	Apple Pie	V	D, G	
Panini	Steak Bake or Cheese & Tomato Panini		D, G	

Thu		Dietary	Allergens	May Contain
Soup	Leek and Potato	V, VE, GF		
Main	Cottage Pie	GF		
Pot Meal	Pasta Bolognese		G	
Vegetarian	Thai Mushroom & Sweet Potato Curry	V, GF	D	
Pudding	Rhubarb Crumble		G	
Panini	Chicken & Pesto or Cheese & Tomato	V	D, G	

Friday		Dietary	Allergens	May Contain
Soup	Spicy Parsnip	V, VE, GF		
Main	Scampi		G, F	
Pot Meal	Cheeseburger		D, G	
Vegetarian	Vegetable Cottage Pie	V, GF	D	
Pudding	Bread & Butter Pudding		D, E, G	
Panini	Cheese & Tomato or Spicy Chicken	V	D, G	

Dietary & Allergen Information

Suitable for **V**: Vegetarian **VE**: Vegan **GF**: Gluten Free

Allergen Information Key:

RED: Contains

Amber: May Contain

C: Crustaceans / **CE**: Celery / **D**: Dairy / **E**: Eggs / **F**: Fish

P: Peanuts / **G**: Gluten / **L**: Lupin / **N**: Nuts / **MO**: Molluscs

MU: Mustard / **S**: Soya / **SD**: Sulphur dioxide / **SE**: Sesame Seeds

Week Six