

Week 1 Main/Veg Choice 21 Apr, 12 May, 9 Jun, 30 Jun, 21 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yorkshire Pudding	X		X				X							
Chunky Vegetable Pie	X						X							
Minced Chicken Taco	X													
Mini Veg/Quorn Taco	X													
Pasta	X													
Sour Cream							X							
Breaded Fish (GF)				X										
Cheese, Onion & Tomato Wrap	X						X							

Week 2 Main/Veg Choice 28 Apr, 19 May, 16 Jun, 7 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chicken Jalfrezi														
Potato & Spinach Curry														
Naan Bread	X													
Rice														
Jacket Potato														
Cheese							X							
Beans														
Tuna Mayonnaise			X	X										
Roast Chicken														
Stuffing	X													

Week 2 Main/Veg Choice 28 Apr, 19 May, 16 Jun, 7 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Quorn Fillet														
Baguette	X													
Beef Burger	X													
Vegetable Burger	X													
Burger Bun	X													
Chips														
Pasta	X													

Week 3 Main/Veg Choice 5 May, 2 Jun, 23 Jun, 14 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sweet & Sour Chicken	X													
Sweet & Sour Quorn	X													
Rice														
Sausage Casserole	X													
Glamorgan Sausage	X						X			X				
Mashed Potato							X							
Roast Pork														
Stuffing	X													
Cauliflower Cheese	X						X							
Pepperoni Pizza	X						X							
Cheese & Tomato Pizza	X						X							

Week 3 Main/Veg Choice 5 May, 2 Jun, 23 Jun, 14 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Fish Fingers	X			X										
Mac 'n' Cheese Bites	X						X							
Chips														
Pasta	X													

Allergens in Food Checklist - Puddings

Week 1 21 Apr, 12 May, 9 Jun, 30 Jun, 21 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Angel Delight							x							
Lemon Drizzle Cake	x		x											
Cheese & Biscuits	x						x							
Apple Crumble Cake	x		x											
Vanilla Ice-Cream							x							

Week 2 28 Apr, 19 May, 16 Jun, 7 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chocolate Cake	x		x											
Cookie	x						x							
Yoghurt							x							
Shortbread	x													
Strawberry Smoothie														

Week 3 5 May, 2 Jun, 23 Jun, 14 Jul	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Rice Crispy Cake							x							
Banana Cake	x		x											
Strawberry Jelly														
Pancake	x		x				x							
Chocolate Sauce														
Ice-Cream	x						x							

