

WEEK 3	Celery	Cereals containing gluten	Crustaceans	Eggs	Mustard	Milk	Nuts	Fish	Sesame Seeds	Molluscs	Soya	Peanuts	Sulphur Dioxide	Lupin
MONDAY														
Menu Item														
Cheese Whirl		WHEAT		✓	✓	✓							✓	
Chinese Chicken Curry	✓	WHEAT OAT BARLEY		✓	✓	✓								
Quorn Chinese Curry	✓	WHEAT OAT BARLEY		✓	✓	✓					✓			
Jam Doughnut		WHEAT												
Daily Items														
Jacket Potatoes:														
Cheese						✓								
Beans														
Tuna Mayo				✓				✓						
Sandwiches:		WHEAT									✓			
Wraps:		WHEAT GLUTEN												
Ham														
Cheese						✓								
Tuna				✓				✓						
Other Items:														
Baked Beans														
Peas														
Plum Tomatoes														
Sweetcorn														
Stuffing		WHEAT												
Baton Carrots														
Gravy		SOYA									✓			
Garlic Bread		WHEAT												
Mushy Peas														
Rice														
Pasta		WHEAT												
Mixed Vegetables														
Naan Bread		WHEAT												
Yorkshire Puddings		WHEAT		✓		✓								

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WEEK 3	Celery	Cereals containing gluten	Crustaceans	Eggs	Mustard	Milk	Nuts	Fish	Sesame Seeds	Molluscs	Soya	Peanuts	Sulphur Dioxide	Lupin
TUESDAY														
Menu Item														
Cheese & Tomato Pizza		WHEAT				✓								
Beef Stew											✓			
Quorn Stew		GLUTEN BARLEY		✓										
Custard Shortie		WHEAT												
Daily Items														
Jacket Potatoes:														
Cheese						✓								
Beans														
Tuna Mayo				✓				✓						
Sandwiches:		WHEAT									✓			
Wraps:		WHEAT GLUTEN												
Ham														
Cheese						✓								
Tuna				✓				✓						
Other Items:														
Baked Beans														
Peas														
Plum Tomatoes														
Sweetcorn														
Stuffing		WHEAT												
Baton Carrots														
Gravy		SOYA									✓			
Garlic Bread		WHEAT												
Mushy Peas														
Rice														
Pasta		WHEAT												
Mixed Vegetables														
Naan Bread		WHEAT												
Yorkshire Puddings		WHEAT		✓		✓								

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THURSDAY														
Menu Item														
Roast Beef														
Mac & Cheese		WHEAT			✓	✓								
Chocolate Brownie		WHEAT		✓										
Daily Items														
Jacket Potatoes:														
Cheese						✓								
Beans														
Tuna Mayo				✓				✓						
Sandwiches:		WHEAT									✓			
Wraps:		WHEAT GLUTEN												
Ham														
Cheese						✓								
Tuna				✓				✓						
Other Items:														
Baked Beans														
Peas														
Plum Tomatoes														
Sweetcorn														
Stuffing		WHEAT												
Baton Carrots														
Gravy		SOYA									✓			
Garlic Bread		WHEAT												
Mushy Peas														
Rice														
Pasta		WHEAT												
Mixed Vegetables														
Naan Bread		WHEAT												
Yorkshire Puddings		WHEAT		✓		✓								

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