

- WEEK 2 MENU - ALLERGENS MENU -

— MONDAY —

Chicken or Quorn burgers accompanied by potato wedges, peas and sweetcorn

(Gluten in burgers and baps)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Mandarins, fresh fruit and a selection of yoghurts

(Milk in yoghurts)

— TUESDAY —

Beef or Quorn Chilli Con Carne, served with rice, mixed salad and coleslaw

(Mustard, Egg and Milk in Coleslaw)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Lemon drizzle cake, fresh fruit and a selection of yoghurts

(Gluten, butter and eggs in cake, Milk in yoghurts)

— WEDNESDAY —

Ham or cheese panini with herby potatoes, with spaghetti hoops or mixed salad and coleslaw

(Gluten and milk in panini.

Mustard, Egg and Milk in Coleslaw)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Flapjack, fresh fruit and a selection of yoghurts

(Gluten and butter in flapjack, Milk in yoghurts)

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— THURSDAY —

Chicken or Quorn vegetable pie served with mash potatoes, peas and sweetcorn

(Gluten in the pastry,
Mustard in Quorn)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise,
Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad
(Dairy in all sandwiches, Gluten in bread,
Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Apple sponge and custard, fresh fruit and a selection of yoghurts
(Gluten, butter, eggs in sponge,
Milk in custard, Milk in yoghurts)

— FRIDAY —

Pepperoni or cheese pizza served with chips, sweetcorn or baked beans

(Gluten in pizza base, Milk in cheese,
Pork in pepperoni)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise,
Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad
(Dairy in all sandwiches, Gluten in bread,
Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Chocolate or vanilla mousse, fresh fruit and fruit yoghurts
(Milk in yoghurts)