

# WEEK 3

## ALLERGENS



Peanuts.

Nuts.

Milk.

Soya.

Mustard.

Lupin.

Eggs.

Fish.

Mollusc.

Shellfish.

Gluten.

Sesame Seeds.

Celery.

Sulphur Dioxide.

Vegetarian Chilli served with Steamed Rice				YES								Barley			YES
Roasted Vegetable Gratin served with New Potatoes			YES									Wheat			YES
Mixed Fruit Cobbler with Custard			YES									Wheat			YES
Roast Chicken served with Stuffing, Roast Potatoes and Gravy												Wheat			
Spanish Omelette served with Roast Potatoes			YES				YES								
Vanilla Cheesecake			YES									Wheat			
Chicken Sausage served with Mashed Potato and Red Onion Gravy			YES									Oats, Barley, Rye, Wheat		YES	YES
Macaroni Cheese			YES									Wheat			
Marble Cake with Custard			YES				YES					Wheat			
Cajun Chicken Pizza served with Potato Wedges			YES									Wheat	YES	YES	
Red Pepper and Sweetcorn Pizza served with Potato Wedges			YES									Wheat		YES	
Eves Pudding with Custard			YES				YES					Wheat			
White Fish or Salmon Goujons served with Chips								YES				Wheat			
Cheese and Tomato Turnover served with Chips			YES				YES					Wheat			
Iced Orange Sponge							YES					Wheat			

