

| Main Course Wk 1-Autumn 2023 | Sulphur Dioxide | Fish | Crustaceans | Molluscs | Milk | Nuts | Peanuts | Sesame Seeds | Celery | Mustard | Egg | Lupin | **Gluten | Soya |
|-------------------------------|-----------------|------|-------------|----------|------|------|---------|--------------|--------|---------|-----|-------|-------------|------|
| Katsu Chicken Curry | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Rice | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Naan Bread | NO | NO | NO | NO | YES | NO | NO | MAY | NO | NO | NO | NO | WHEAT | YES |
| Mango Chutney | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Lamb Hotpot | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Broccoli | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Sweetcorn | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Cumberland Sausage casserole | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | NO |
| Beef Lasagne | NO | NO | NO | NO | YES | NO | NO | NO | NO | MAY | NO | NO | YES | NO |
| Garlic Bread | NO | NO | NO | NO | MAY | MAY | NO | MAY | NO | NO | NO | NO | WHEAT | NO |
| Chicken Fajitas | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | WHEAT | NO |
| Tomato/Sweetcorn Salad | NO | NO | NO | NO | NO | NO | NO | NO | MAY | NO | NO | NO | NO | NO |
| Breaded Haddock | NO | YES | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | WHEAT | NO |
| New Potatoes | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Peas/Green Beans | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Beef Chilli | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Tuna Pasta Bake | NO | YES | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | NO |
| Mixed Meat Pizza | NO | NO | NO | NO | YES | NO | NO | NO | NO | NO | NO | NO | YES | NO |
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| VEGETARIAN | | | | | | | | | | | | | | |
| Katsu Veg. Curry | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Veggie Mince Hotpot | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | NO | BARLEY | NO |
| Veg.Saus/Tom. Casserole | NO | NO | NO | NO | NO | NO | NO | | | | NO | NO | WHEAT | |
| Veggis Mince Lasagne | NO | NO | NO | NO | YES | NO | NO | NO | NO | MAY | YES | NO | WHEAT/BARLE | NO |
| Quorn Dippers | NO | NO | NO | NO | YES | NO | NO | NO | NO | NO | YES | NO | WHEAT | NO |
| Beans on Toast | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | YES |
| Veg. Chilli | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Pepper/Onion Pasta Bake | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | NO |
| Veg. Fajitas | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | YES | NO |
| Margheritta Pizza | NO | NO | NO | NO | YES | NO | NO | NO | NO | NO | NO | NO | YES | NO |
| Coconut/Sq/Lentil Katsu Curry | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO | NO |
| Veg/Pesto/Feta Tart | NO | NO | NO | NO | YES | NO | NO | NO | NO | NO | MAY | NO | YES | NO |

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| | | | All allergy information is for actual ingredients present in product at time of sale | | |
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| If in doubt about your allergies and a dish you have eaten before please ensure you have asked staff if they have made product substitutions and check the list above for manual updates | | | | | |
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| Whilst we take the issue of food allergies and intolerances seriously all dishes are prepared in one catering environment. Therefore with the exception of all nut dishes, which are banned, any food items may contain traces of the allergens listed and other allergens we are not required to declare. | | | | | |
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| **Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut | | | | | |
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