

# WEEK 3

## ALLERGENS



Peanuts.



Nuts.



Milk.



Soya.



Mustard.



Lupin.



Eggs.



Fish.



Mollusc.



Shellfish.



Gluten.



Sesame Seeds.



Celery.



Sulphur Dioxide.

|                                                                   | Peanuts. | Nuts. | Milk. | Soya. | Mustard. | Lupin. | Eggs. | Fish. | Mollusc. | Shellfish. | Gluten.                  | Sesame Seeds. | Celery. | Sulphur Dioxide. |
|-------------------------------------------------------------------|----------|-------|-------|-------|----------|--------|-------|-------|----------|------------|--------------------------|---------------|---------|------------------|
| Mushroom Casserole served with Steamed Rice                       |          |       | YES   |       | YES      |        |       |       |          |            |                          |               |         | YES              |
| Chimichangas served with Sweet Chilli Dipping Sauce and Cous Cous |          |       | YES   |       |          |        |       |       |          |            | Wheat                    |               |         | YES              |
| Mixed Fruit Cobbler with Custard                                  |          |       | YES   |       |          |        |       |       |          |            | Wheat                    |               |         | YES              |
| Chicken Sausage served with Mashed Potato and Red Onion Gravy     |          |       | YES   |       |          |        |       |       |          |            | Oats, Barley, Rye, Wheat |               | YES     | YES              |
| Roasted Vegetable Bake served with New Potatoes                   |          |       | YES   |       |          |        |       |       |          |            | Wheat                    |               |         | YES              |
| Marble Cake with Custard                                          |          |       | YES   |       |          |        | YES   |       |          |            | Wheat                    |               |         |                  |
| Roast Chicken served with Stuffing, Roast Potatoes and Gravy      |          |       |       |       |          |        |       |       |          |            | Wheat                    |               |         |                  |
| Roast Quorn Fillet served with Roast Potatoes and Gravy           |          |       |       |       |          |        | YES   |       |          |            |                          |               |         |                  |
| Vanilla Cheesecake                                                |          |       | YES   |       |          |        |       |       |          |            | Wheat                    |               |         |                  |
| Minced Lamb and Onion Pie served with Sweet Potato Mash           |          |       |       |       |          |        | YES   |       |          |            | Barley, Wheat            |               | YES     | YES              |
| Macaroni Cheese                                                   |          |       | YES   |       |          |        |       |       |          |            | Wheat                    |               |         |                  |
| Eves Pudding with Custard                                         |          |       | YES   |       |          |        | YES   |       |          |            | Wheat                    |               |         |                  |
| White Fish or Salmon Goujons served with Chips                    |          |       |       |       |          |        |       | YES   |          |            | Wheat                    |               |         |                  |
| Spanish Omelette served with Chips                                |          |       | YES   |       |          |        | YES   |       |          |            |                          |               |         |                  |
| Iced Orange Sponge                                                |          |       |       |       |          |        | YES   |       |          |            | Wheat                    |               |         |                  |

