





























# ALLERGEN

Menu Item	 Celery	 Cereals containing Gluten	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
<b>WEEK ONE</b>	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Chicken Tikka & Potato Masala, Pilau Rice, Minted Raita(M), Coriander Salad							✓							
Vegetable Masala, Pilau Rice, Minted Raita(M), Fresh Coriander Salad							✓							
Chicken Sausages (Wheat/C), BBQ Salsa Sauce, Potato Wedges, Whole Green Beans & Carrots	✓	✓												
Vegan Sausages (Wheat), BBQ Salsa Sauce, Potato Wedges, Whole Green Beans & Carrots		✓												
Vegetable Pilau, Naan Bread (Wheat/M), Curry Salad, Coriander		✓					✓							
Spanish Paprika Chicken(M), Herby Buttered Baby New Potatoes, Mixed Fresh Vegetables							✓							
Mediterranean Roasted Vegetables(M), Herby Buttered Baby New Potatoes, Fresh Vegetables							✓							
Chef's Meat Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							
Margarita Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							
<b>WEEK TWO</b>														
Lamb Kofta Kebab (Wheat/SY/SD, Wrap (Wheat), Croquette Potatoes (Wheat), Chilli Sauce, 'Savoury Salad		✓											✓	✓
Chickpea & Spinach Falafel (Wheat), Wrap (Wheat), Potato Wedges, BBQ Sauce, Salad		✓												
Beef Keema, Tri-colour Pasta (Wheat), Cheese(M) & Garlic Breads (Wheat/May M/SY), Rocket Salad		✓					✓						✓	✓

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Vegan Mince Kema (SY), Tri-colour Pasta (Wheat), Cheese (M), Garlic Breads (Wheat/May M/SY), Rocket		✓					✓						✓	
Baguette (Wheat) – Tuna Mayonnaise (F), Cheese (M), Chicken Tikka (M), Lettuce, Tomatoes, Cucumber, Crisps		✓			✓		✓							
Chicken Jalfezi, Naan Bread (Wheat/M), Chutney, Poppadoms		✓					✓							
Lentil & Potato Daal, Naan Bread (Wheat/M), Chutney, Poppadoms		✓					✓							
Cheesy (M), Chicken Burger (Wheat/C) Bap (Wheat/M), Lettuce, Tomatoes, Chips, Burger Sauce	✓	✓					✓							
Vegetable Burger (Wheat/E/M), Bap (Wheat/M), Lettuce, Tomatoes, Chips & Burger Sauce		✓		✓			✓							
<b>WEEK THREE</b>														
Chicken & Vegetable Pilau, Naan Bread (Wheat/M), Minted Yogurt(M), Fresh Coriander Salad		✓					✓							
Chickpea & Vegetable Pilau, Naan Bread (Wheat/M), Minted Yogurt (M), Fresh Coriander Salad		✓					✓							
Cheese and Onion Pasty, Mixed Leaf Salad		✓					✓							
Jamaican Vegetable Curry, Flatbread (Wheat), Mixed Leaf Salad		✓												
Vegetable Masala Pasta (Wheat), Garlic Breads (Wheat/May M/SY), Iceberg Salad		✓					May						May	
Chicken Fajita Wrap (Wheat), Tomato Salsa, Cajun Wedges, Cucumber Sticks		✓												
Quorn Fajita (Wheat), Wrap (Wheat), Tomato Salsa, Cajun Wedges, Cucumber Sticks		✓												
Peperoni Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							

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	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Margarita Pizza (Wheat/M), Skin-on Fries, Maple BBQ Sauce, Crunchy Slaw Salad		✓					✓							
<b>WEEK FOUR</b>														
Breaded Chicken (Wheat/C), Curry Sauce (Wheat/MU), Rice with Spring Onions, Carrot Sticks	✓	✓							✓					
Spring Roll (Wheat/C/SY/May MU/SE), Curry Sauce (Wheat/MU), Basmati Rice, Spring Onions, Carrot Sticks	✓	✓							May			May	✓	
Sliced Donner, Pitta Bread (Wheat), Kebab Salad, Corn Nachos & Chilli Sauce		✓												
Spiced Quorn Pieces (Wheat), Pitta Bread (Wheat), Kebab Salad, Corn Nachos & Chilli Sauce		✓												
Chickpea, Potato & Spinach Curry, Pilau Rice, Tomato & Cucumber Salad, Minted Raita (M)							✓							
Build Your Own Taco, Mexican Chicken, Salsa, Sour Cream (M), Grated Cheese(M), Salad							✓							
Build Your Own Vegan Quorn (Wheat), Taco, Salsa, Sour Cream (M), Grated Cheese(M), Salad		✓					✓							
Breaded Fish (Wheat/F), Chunky Chips, Mushy Peas, Tomato Ketchup		✓			✓									
Breaded Vegetable Fingers (Wheat), Chunky Chips, Mushy Peas, Tomato Ketchup.		✓												
<b>DESSERTS / BISCUITS</b>														
Cookies (Wheat)		✓					✓						✓	
Marble Sponge Cake (Wheat)		✓		✓			✓						✓	
Biscoff Brownie (Wheat)		✓		✓			✓						✓	
Oreo Crumble Cake (Wheat)		✓		✓			✓						✓	
Sugar Ring Doughnuts (Wheat)		✓		✓			✓						✓	

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Shortbreads (Wheat)		✓		✓			✓							
Chocolate Drizzle Cake (Wheat)		✓		✓			✓						✓	
Sprinkle Sponge Cake (Wheat)		✓		✓			✓						✓	
Choc Chip Brownie (Wheat/Oats)		✓		✓			✓						✓	
Muffins (Wheat/E/M/SY/May SE)		✓		✓			✓					May	✓	
Flapjacks (Oat/May Barley)		✓					✓						✓	
Oat Biscuits (Oat/May Barley)		✓					✓						✓	
<b>Breakfast/Break Foods</b>	(C)		(CR)	(E)	(F)	(L)	(M)	(MO)	(MU)	(N)	(PN)	(SE)	(SY)	(SD)
Bagels (Wheat/Barley/M/May SE)				✓			✓					May		
Cheese (M) Bagel (Wheat/Barley/M/May SE)				✓			✓					May		
Cheesy (M) Pizza Bagel (Wheat/Barley/M/May SE)				✓			✓					May		

## FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement, please inform a member of the catering team. Thank you.