Allergen Info

Recipe	Celery	Crustaceans	Cereals containing gluten	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Nuts
MAINS														
Mexican Beef & lentil Tacos	■		■											
Mexican Mince Quorn & lentil Tacos	■		■	■										
Sweetcorn Rice														
Guacomole and salsa														
Orange mango smoothies														
Fruit sticks														
Tuesday														
Mince Pork & Leek pie Gravy	■		■	■										
Mince Beef & leek pie Gravy	■		■	■										
Leek & lentil Pie Gravy	■		■	■										
Mash potatoes														
carrots														
Sugar free banana cake			■	■										
Wednesday														
Salmon, pea & white bean spaghetti	■		■		■		■							
Cauilflower, pea & white bean spaghetti	■		■				■							
Kale & cauliflower														
Cream crackers			■	■			■				■			
Cream cheese							■							
Thursday														
Garlic & paprika chicken thighs														
Garlic & paprika Quorn Roast				■			■							
Sweet potato mash														
Broccoli														
Sugar Free Fruity flapjack			■											
Friday														
Baked Breaded Fish fillets			■		■									
Leek, mushroom & red onion Frittata				■			■							
Chips														
Baked beans & peas														
Peach crumble			■											
Yogurt or custard							■							