Allergen Info

Recipe	Celery	Crustaceans	Cereals containing gluten	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Nuts
MAINS														
Fajita Chicken & bean burrito wrap	■		■											
Fajita Mixed bean & lentil burrito wrap	■		■											
Sweetcorn rice														
Apple crumble			■											
Natrual yoghurt or Custard							■							
Tuesday														
Pork & lentil bolognese	■		■											
Beef & lentil bolognese	■		■											
Vegetable & lentil bolognese	■		■											
Spaghetti & garlic bread			■											
Mixed salad														
Mixed fruit cheesecake			■				■							
Wednesday														
Chicken, mushroom, spinach Gnocchi	■		■	■			■		■			■		
Leek. Spinach, butter bean Gnocchi	■		■	■			■		■			■		
Peas and sweetcorn														
Fruity cocktail jelly														
Thursday														
Roast Beef Gravy														
Nutless Roast Gravy			■	■										
Roast Potatoes														
Gravy	■													
Cauliflower & carrots														
Fruit cocktail jelly														
Friday														
Baked breaded Fish fillets			■		■									
Red pepper, onion & cheese quiche			■	■			■							
Chips														
Baked beans														
Low sugar Carrot cake			■	■										