



## Week 3

### Monday ALLERGENS IN RED

#### Main meals

- Chicken Burger WHEAT\MILK
- Pasta Bolognaise WHEAT
- Vegan Burgers  
WHEAT\GLUTEN\SOYA\MUSTARD
- Mash MILK
- Beans NO ALLERGENS
- Vegetables NO ALLERGENS

#### Desserts

- Apple Crumble and Custard WHEAT\  
MILK
- Jam and Cream Sponge  
WHEAT\EGGS
- Fruit



## Week 3

### Tuesday ALLERGENS IN RED

#### Main meals

- Spicy Chicken Pizzini WHEAT\MILK
- Cheese\tomato Pizzini WHEAT\MILK
- Tomato Pasta Bake WHEAT\MILK
- Mash MILK
- Beans NO ALLERGENS
- Vegetables NO ALLERGENS

#### Desserts

- Rice pudding MILK
- Fruit cake WHEAT\EGGS
- Flap jack OATS\WHEAT\BARLEY
- Fruit



## Week 3

### Wednesday ALLERGENS IN RED

#### Main meals

- Chicken Tikka Curry and Rice **MILK**
- Vegan Chicken Curry **WHEAT\SOYA**
- Jacket Potato with filling cheese  
\beans\tuna **SEE STAFF FOR  
ALLERGENS**
- Mash **MILK**
- Beans **NO ALLERGENS**
- Vegetables **NO ALLERGENS**

#### Desserts

- Cornflake Tart and Custard  
**WHEAT\MILK**
- Sultana Scones **WHEAT\EGGS\MILK**



## Week 3

### Thursday ALLERGENS IN RED

#### Main meals

- Cottage Pie MILK
- Vegan Cottage Pie SOYA
- Beef Burgers in a bun SOYA  
MILK\WHEAT\GLUTEN\SULPHUR  
DIOXIDE
- Beef Burger WHEAT\GLUTEN\SOYA\  
SULPHUR DIOXIDE
- Beans NO ALLERGENS
- Vegetables NO ALLERGENS
- Mash MILK\SULPHUR DIOXIDE

#### Desserts

- Strawberry Tart and Custard  
WHEAT\EGGS\MILK
- Chocolate Brownie  
WHEAT\EGGS\SULPHUR DIOXIDE



## Week 3

### Friday ALLERGENS IN RED

#### Main meals

- Wedges **NO ALLERGENS**
- Cheese and Onion Pie **MILK\WHEAT**
- Butter Pie **(Vegan) WHEAT**
- Mash **MILK**
- Beans **NO ALLERGENS**
- Curry Sauce **WHEAT\SOYA\SULPHUR DIOXIDE**
- Vegetables **NO ALLERGENS**

#### Desserts

- Chocolate Sponge and Custard **WHEAT\EGGS\MILK**
- Jam slice **WHEAT\EGGS\MILK**