## Dishes and their allergen content

## Week 2

| Dishes                                   |        |                                  |             |      | D.   | Lupin<br>Flour | Milk     |         | MUSTARD |                   |         |                 |          | Que WNE            |
|------------------------------------------|--------|----------------------------------|-------------|------|------|----------------|----------|---------|---------|-------------------|---------|-----------------|----------|--------------------|
| Monday                                   | Celery | Cereals<br>containing<br>gluten* | Crustaceans | Eggs | Fish | Lupin          | Milk     | Mollusc | Mustard | Nuts <sup>†</sup> | Peanuts | Sesame<br>seeds | Soya     | Sulphur<br>Dioxide |
| Mozzarella<br>meatball<br>melt           | ✓      | ✓                                |             | ✓    |      |                | ✓        |         | ✓       |                   |         |                 | ✓        | ✓                  |
| Mozzarella<br>no-meatball<br>melt        |        |                                  |             |      |      |                | <b>~</b> |         |         |                   |         |                 | >        |                    |
| Jam<br>doughnut                          |        | <b>✓</b>                         |             | ✓    |      |                | ✓        |         |         |                   |         |                 | <b>√</b> | ✓                  |
| Yoghurt                                  |        |                                  |             |      |      |                | <b>√</b> |         |         |                   |         |                 |          |                    |
| Fruit                                    |        |                                  |             |      |      |                |          |         |         |                   |         |                 |          |                    |
| GF/DF:Moz<br>zarella<br>meatball<br>melt |        |                                  |             |      |      |                |          |         |         |                   |         |                 | >        |                    |
| GF/DF:Cho colate pot                     |        |                                  |             |      |      |                |          |         |         |                   |         |                 | <b>\</b> |                    |
| Vegan:Moz<br>z no-<br>meatball<br>melt   |        | <b>√</b>                         |             |      |      |                |          |         |         |                   |         |                 | <b>√</b> |                    |
| Vegan:Choc olate pot                     |        |                                  |             |      |      |                |          |         |         |                   |         |                 | <b>~</b> |                    |

| Jacket and cheese  |          |          |          |  | ✓ |          |  |          |   |  |
|--------------------|----------|----------|----------|--|---|----------|--|----------|---|--|
| Pasta              |          | <b>✓</b> |          |  |   |          |  |          |   |  |
| Salad              | <b>√</b> |          |          |  |   |          |  |          |   |  |
| Vegetables         |          |          |          |  |   |          |  |          |   |  |
| Cheese for jackets |          |          |          |  | ✓ |          |  |          |   |  |
| Bread              |          | <b>√</b> |          |  |   |          |  |          |   |  |
| Packed<br>lunches  |          | <b>✓</b> | <b>√</b> |  | ✓ | <b>✓</b> |  | <b>√</b> |   |  |
| Cold meal<br>boxes | <b>√</b> | <b>√</b> | <b>√</b> |  | ✓ | <b>√</b> |  | ✓        | ✓ |  |

| Dishes                       |        |                                  |             |      |      | upin<br>Flour | Milk |         | MUSTARD |                   |         | SSAM            |          | Beer WNE           |
|------------------------------|--------|----------------------------------|-------------|------|------|---------------|------|---------|---------|-------------------|---------|-----------------|----------|--------------------|
| Tuesday                      | Celery | Cereals<br>containing<br>gluten* | Crustaceans | Eggs | Fish | Lupin         | Milk | Mollusc | Mustard | Nuts <sup>†</sup> | Peanuts | Sesame<br>seeds | Soya     | Sulphur<br>Dioxide |
| Bolognese<br>pasta           |        | ✓                                |             |      |      |               | ✓    |         | ✓       |                   |         |                 | ✓        |                    |
| Veggie<br>bolognese<br>pasta |        | <b>√</b>                         |             |      |      |               | ✓    |         | ✓       |                   |         |                 | <b>√</b> |                    |

|                                 | 1        | ı |          | I | 1 | I        | I | 1        | I | ı |          | ı | <del>                                     </del> |
|---------------------------------|----------|---|----------|---|---|----------|---|----------|---|---|----------|---|--------------------------------------------------|
| Toffee apple cake               | ✓        |   | <b>√</b> |   |   | <b>√</b> |   |          |   |   |          | ✓ |                                                  |
| Yoghurt                         |          |   |          |   |   | <b>✓</b> |   |          |   |   |          |   |                                                  |
| Fruit                           |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| GF/DF:Bolo gnese pasta          |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| GF/DF:Cho colate cookie         |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Vegan:Veg<br>bolognese<br>pasta | <b>√</b> |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Vegan:Choc olate cookie         |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Jacket and beans                |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Wholewheat pasta                | <b>√</b> |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Vegetables                      |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Beans for jackets               |          |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Cheese to sprinkle on bolognese |          |   |          |   |   | ✓        |   |          |   |   |          |   |                                                  |
| Bread                           | ✓        |   |          |   |   |          |   |          |   |   |          |   |                                                  |
| Packed lunches                  | <b>√</b> |   | <b>√</b> |   |   | ✓        |   | <b>✓</b> |   |   | <b>√</b> |   |                                                  |

| Cold meal boxes |  |
|-----------------|--|
|-----------------|--|

| Dishes                           |        |                                  |             |          |      | upin<br>Flour | Milk |         | MUSTARD |       |         | TISAM O.        |      | WNE                |
|----------------------------------|--------|----------------------------------|-------------|----------|------|---------------|------|---------|---------|-------|---------|-----------------|------|--------------------|
| Wednesday                        | Celery | Cereals<br>containing<br>gluten* | Crustaceans | Eggs     | Fish | Lupin         | Milk | Mollusc | Mustard | Nuts† | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Pork loin<br>steak               |        |                                  |             |          |      |               |      |         |         |       |         |                 |      |                    |
| Quorn roast                      |        | ✓                                |             | ✓        |      |               | ✓    |         |         |       |         |                 |      |                    |
| Fruit sponge and cream           |        | <b>√</b>                         |             | <b>√</b> |      |               | ✓    |         |         |       |         |                 | ✓    |                    |
| Yoghurt                          |        |                                  |             |          |      |               | ✓    |         |         |       |         |                 |      |                    |
| Fruit                            |        |                                  |             |          |      |               |      |         |         |       |         |                 |      |                    |
| GF/DF:Pork<br>loin steak         |        |                                  |             |          |      |               |      |         |         |       |         |                 |      |                    |
| GF/DF:Spo<br>nge cake            |        |                                  |             |          |      |               |      |         |         |       |         |                 |      |                    |
| Vegan:Quor<br>n sausage<br>roast |        | <b>√</b>                         |             |          |      |               |      |         |         |       |         |                 |      |                    |
| Vegan:Spon<br>ge cake            |        |                                  |             |          |      |               |      |         |         |       |         |                 |      |                    |

| Jacket<br>cheese                  |   |          |             |  | ✓        |          |  |          |   |  |
|-----------------------------------|---|----------|-------------|--|----------|----------|--|----------|---|--|
| Roast potatoes                    |   |          |             |  |          |          |  |          |   |  |
| Vegetables                        |   |          |             |  |          |          |  |          |   |  |
| Cheese for jackets                |   |          |             |  | ✓        |          |  |          |   |  |
| Cream                             |   |          |             |  | ✓        |          |  |          |   |  |
| Yorkshire                         |   | <b>✓</b> | <b>&gt;</b> |  | >        |          |  |          |   |  |
| Gravy                             |   |          |             |  |          |          |  |          |   |  |
| Gluten<br>free/Vegan<br>Yorkshire |   |          |             |  |          |          |  |          | ✓ |  |
| Bread                             |   | <b>✓</b> |             |  |          |          |  |          |   |  |
| Packed<br>lunches                 |   | <b>√</b> | <b>√</b>    |  | <b>√</b> | <b>√</b> |  | <b>√</b> |   |  |
| Cold meal<br>boxes                | ✓ | <b>√</b> | ✓           |  | ✓        | ✓        |  | ✓        | ✓ |  |































| Thursday                       | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk     | Mollusc | Mustard | Nuts <sup>†</sup> | Peanuts | Sesame seeds | Soya     | Sulphur<br>Dioxide |
|--------------------------------|--------|----------------------------|-------------|------|------|-------|----------|---------|---------|-------------------|---------|--------------|----------|--------------------|
| Mild<br>chicken<br>korma       |        |                            |             |      |      |       | <b>√</b> |         |         |                   |         |              |          |                    |
| Mild veg<br>korma              |        |                            |             |      |      |       | ✓        |         |         |                   |         |              |          |                    |
| Chocolate brownie              |        | ✓                          |             | ✓    |      |       | <b>√</b> |         |         |                   |         |              | <b>~</b> |                    |
| Yoghurt                        |        |                            |             |      |      |       | <b>√</b> |         |         |                   |         |              |          |                    |
| Fruit                          |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| GF/DF:Mild<br>chicken<br>korma |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| GF/DF:Cho<br>colate<br>cookie  |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| Vegan:Mild veg curry           |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| Vegan:Choc olate cookie        |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| Jacket and cheese              |        |                            |             |      |      |       | <b>√</b> |         |         |                   |         |              |          |                    |
| Rice                           |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |
| Vegetables                     |        |                            |             |      |      |       |          |         |         |                   |         |              |          |                    |

| Bread             |          | <b>✓</b> |          |  |          |          |  |          |          |  |
|-------------------|----------|----------|----------|--|----------|----------|--|----------|----------|--|
| Packed<br>lunches |          | <b>✓</b> | <b>√</b> |  | <b>√</b> | <b>√</b> |  | ✓        |          |  |
| Cold meal boxes   | <b>✓</b> | <b>✓</b> | <b>√</b> |  | <b>√</b> | ✓        |  | <b>√</b> | <b>√</b> |  |

| Dishes                  |        |                                  |             |                       |      | Jupin<br>Flour | Milk        |         | MUSTARD |                   |         | MAN A           |          | Beer               |
|-------------------------|--------|----------------------------------|-------------|-----------------------|------|----------------|-------------|---------|---------|-------------------|---------|-----------------|----------|--------------------|
| Friday                  | Celery | Cereals<br>containing<br>gluten* | Crustaceans | Eggs                  | Fish | Lupin          | Milk        | Mollusc | Mustard | Nuts <sup>†</sup> | Peanuts | Sesame<br>seeds | Soya     | Sulphur<br>Dioxide |
| Beef burger             |        | <b>✓</b>                         |             |                       |      |                |             |         |         |                   |         | <               | <b>~</b> | <b>√</b>           |
| Cheese and tomato pizza |        | <b>✓</b>                         |             |                       |      |                | <b>✓</b>    |         |         |                   |         |                 |          |                    |
| Ice cream and fruit     |        |                                  |             |                       |      |                | ✓           |         |         |                   |         |                 |          |                    |
| Yoghurt                 |        |                                  |             |                       |      |                | <b>&gt;</b> |         |         |                   |         |                 |          |                    |
| Fruit                   |        |                                  |             |                       |      |                |             |         |         |                   |         |                 |          |                    |
| GF/DF:Beef burger       |        |                                  |             | √<br>(in the<br>roll) |      |                |             |         |         |                   |         |                 |          |                    |
| Gf/DF:Ice lolly         |        |                                  |             |                       |      |                |             |         |         |                   |         |                 |          |                    |

| Vegan:Vege table burger |          | <b>✓</b> |          |  |          |          |  |          |          |  |
|-------------------------|----------|----------|----------|--|----------|----------|--|----------|----------|--|
| Vegan:Ice lolly         |          |          |          |  |          |          |  |          |          |  |
| Jacket and beans        |          |          |          |  |          |          |  |          |          |  |
| Chips                   |          |          |          |  |          |          |  |          |          |  |
| Salad                   | <b>√</b> |          |          |  |          |          |  |          |          |  |
| Beans                   |          |          |          |  |          |          |  |          |          |  |
| Ketchup                 | <b>√</b> |          |          |  |          |          |  |          |          |  |
| GF/DF rolls for burgers |          |          | <b>√</b> |  |          |          |  |          |          |  |
| Rolls for burgers       |          | <b>√</b> |          |  |          |          |  | <b>√</b> | <b>√</b> |  |
| Bread                   |          | ✓        |          |  |          |          |  |          |          |  |
| Packed<br>lunches       |          | <b>✓</b> | ✓        |  | <b>√</b> | ✓        |  | <b>✓</b> |          |  |
| Cold meal boxes         | ✓        | <b>√</b> | ✓        |  | <b>√</b> | <b>√</b> |  | <b>√</b> | <b>√</b> |  |

Review date: 08.12.2025 Reviewed by: J Honess

