# DISHES AND THEIR ALLERGEN CONTENT SUMMER MENU 2018

DISHES	***************************************	W	Y <sub>**</sub>						m.c. table	St.	0			0 11
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Macaroni Cheese		•					<b>✓</b>							
Ricotta Tortellini with Tomato & Basil Sauce		•		<b>/</b>			<b>V</b>							
Chicken & Broccoli Pasta Bake		~					<b>V</b>							
Quorn Pasta Bake		•		<b>V</b>			<b>/</b>							
Jacket Potato with a Choice of Fillings				<b>/</b>	<b>/</b>		<b>/</b>		•					
Roast of the Day with Yorkshire Pudding		•		✓			<b>✓</b>							
Veggie Roast of the Day with Yorkshire Pudding		•		•			<b>V</b>							
Tomato & Basil Pasta Bake		•		<b>/</b>					•					

Chicken Curry		<b>'</b>					<b>✓</b>		<b>✓</b>					
DISHES	***	W.	¥#	<b>**</b>			Walk I			<b>A</b>				6
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quorn Curry		<b>'</b>		<b>/</b>			<b>✓</b>							
Mince or Pork Pie		•					<b>✓</b>							
Veggie Mince Pie		<b>/</b>		•			<b>/</b>						<b>✓</b>	
Salmon Bites		•			<b>✓</b>				•					
Salmon Fillet		<b>/</b>			<b>/</b>		<b>/</b>		<b>'</b>					
Cod & Salmon Fish Cakes		•			<b>/</b>									
Chilli Con Carne														
Cheese Wrap		<b>✓</b>					<b>✓</b>							
Chicken Casserole		•					<b>'</b>							
Quorn Casserole		•		•			<b>✓</b>							
Lasagne		•					<b>/</b>							
Meat Free Lasagne		•					<b>/</b>						<b>V</b>	

Fish Fingers		<b>/</b>			<b>✓</b>									
DISHES	***************************************	W	¥#	<b>%</b>	0.3					2				O IX
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Enchiladas		•					<b>✓</b>							
Spaghetti Bolognese		•												
Savoury Mince with Yorkshire Pudding or Dumplings		/		•			•							
Veggie Mince with Yorkshire Pudding or Dumplings		•		•			•						<b>V</b>	
Tuna or Cheese Melt or Wrap		•		<b>/</b>	<b>✓</b>		<b>V</b>		•					
Mediterranean Pasta Bake		•					<b>/</b>							
Chicken Fajitas		•							<b>'</b>					
Turkey Curry		<b>/</b>					<b>/</b>		<b>✓</b>					
Quorn & Vegetable Curry		•		•			<b>/</b>		•					

DISHES		No.	Y							St.	o No			O <sup>EX</sup>
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fish Portion		<b>V</b>			<b>/</b>									
Homemade Margherita Pizza		•					<b>/</b>							
Homemade Quiche		<b>/</b>		<b>/</b>			<b>✓</b>							
Sweet & Sour Chicken	<b>/</b>													
Cheesy Pasta		•					<b>✓</b>							
Fish Cake	<b>/</b>				<b>/</b>				<b>'</b>					
Savoury Mince Pie		•					<b>✓</b>							
Veggie Mince Pie		<b>✓</b>					<b>✓</b>						<b>✓</b>	
Tuna Pasta Bake		<b>✓</b>			•		<b>✓</b>							
Chicken Wrap		<b>'</b>												
Oven Baked Sausage		<b>✓</b>											<b>✓</b>	<b>✓</b>

DISHES	***		Y.	<b>**</b>						<b>A</b>				0
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Oven Baked Veggie Sausage		•											•	•
Pizza Wrap		<b>/</b>					<b>✓</b>							
Sloppy Joe's in a Bun		•												
Veggie Sloppy Joe's in a Bun		•											<b>V</b>	
Chicken Pie		•					<b>'</b>							

DISHES	***	W.	Y#							<b>A</b>				0
Pasta / Rice	Celery		Crustaceans	Eggs	Fish	Lupin	Milk /	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur
Potatoes / Bread		containing gluten					Dairy							Dioxide
Creamed Potatoes							•							
Parsley Potatoes							<b>V</b>							
Roast Potatoes														
Pasta		•												
Mini Potato Waffles														
Couscous		<b>'</b>												
Jacket Wedges														
Crusty Bread		•												
Garlic Bread		•					<b>/</b>							
Sliced Bread		•												

DISHES	***	No.	¥#						-	2	· 100			0~
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chocolate & Pear Sponge with Chocolate Sauce		<b>'</b>		<b>✓</b>			<b>/</b>							
Chocolate Sauce							•							
Fruity Flapjack		•					•							
Fruity Rice Pudding							•							
Tutti Frutti Cake		•		<b>V</b>			•							
Glass of Milk							<b>/</b>							
Fruit Whip							<b>/</b>							
Fruit Meringue				<b>~</b>			<b>/</b>							

DISHES	***		¥#						m-A 1940	2	· No			0=
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fruit Smoothie														
Fruit & Ice Cream							<b>/</b>						<b>/</b>	
Homemade Biscuit		•					<b>V</b>							
Vanilla Sponge		•		<b>/</b>			<b>V</b>							
Custard							<b>V</b>							
Fruity Muffin		•		<b>/</b>			<b>V</b>							
Fruit Cheesecake		•					<b>V</b>						<b>'</b>	
Ice Cream Roll		~		<b>✓</b>			<b>V</b>						•	
Apple Crumble		•					<b>✓</b>							

DISHES	***	W.	Y.	<b>%</b>			Mik			<b>A</b>	· No			6-
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Peach / Fruit Sponge		•		•			<b>/</b>							
Fruit Mousse Slice		•		•			<b>/</b>							
Chocolate Brownie		•		•			<b>✓</b>						•	
Carrot Cake or Homemade Biscuit with a Glass of milk		•		•			<b>✓</b>							
Chocolate & Mandarin Puddle Cake with Custard		•		•			•							
Jam / Syrup Sponge with Custard		•		•			<b>✓</b>							

DISHES	***		禁	<b>**</b>			Malk				- No.		£	0=
	Celery	Cereals containing gluten	Crustacean s	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

DISHES	**	W.	Y.							A.	· 100			6=
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

DISHES			Y.				Milk		and the same				£	0=
	Celery	Cereals containing gluten	Crustacean s	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide