

Monday		Dietary	Allergens	May Contain
Soup	Tomato and Basil	V, VE, GF		
Main	Chicken & Lettuce Burger		G, D, S	
Pot Meal	Beef Chow Mein		E, G, S, SE	
Vegetarian	Vegetable Bolognese	V	D,	
Pudding	Apple Crumble	V	D, G	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

Tuesday		Dietary	Allergens	May Contain
Soup	Curried Cauliflower	V, VE, GF		
Main	Spaghetti Meatballs		G	
Pot Meal	Chicken Curry & Rice	GF		
Vegetarian	Vegetable Pasta Bake	V	G	
Pudding	Chocolate Sponge with Chocolate Sauce		D, E, G	
Panini	Pepperoni or Cheese & Tomato	V	D, G	

Wednesday		Dietary	Allergens	May Contain
Soup	Carrot and Coconut	V, VE, GF		
Main	Roast Pork Dinner	GF		
Pot Meal	Chicken Gyros		G	
Vegetarian	Macaroni Cheese		D, G, MU	
Pudding	Jam Roly Poly	V	D, E, G	
Panini	Spicy Chicken or Cheese & Tomato	V	D, G	

Thursday		Dietary	Allergens	May Contain
Soup	Leek & Potato	V, VE, GF		
Main	Chicken Burritos		G, D	
Pot Meal	Sausage & Mash Potato		G	
Vegetarian	Vegetarian Cottage Pie	GF, V, VE		
Pudding	Apple and Mixed Fruit Crumble		D, G	
Panini	Chicken Pesto or Cheese & Tomato	V	D, G	

Friday		Dietary	Allergens	May Contain
Soup	Sweet Potato	V, VE, GF		
Main	Beef Fajitas		G	
Pot Meal	Fish Sandwich (gluten free option available)		G	
Vegetarian	Penna Pasta with Pesto sauce	V, GF	D	
Pudding	Lemon Sponge Pudding		D	
Pizzini	Cheese & Tomato or Spicy Chicken	V	D, G	

## Dietary & Allergen Information

Suitable for **V**: Vegetarian **VE**: Vegan **GF**: Gluten Free

### Allergen Information Key:

**RED: Contains**

**Amber: May Contain**

**C**: Crustaceans / **CE**: Celery / **D**: Dairy / **E**: Eggs / **F**: Fish

**P**: Peanuts / **G**: Gluten / **L**: Lupin / **N**: Nuts / **MO**: Molluscs

**MU**: Mustard / **S**: Soya / **SD**: Sulphur dioxide / **SE**: Sesame Seeds