

Mon		Dietary	Allergens	May Contain
Soup				
Main				
Pot Meal				
Vegetarian				
Pudding				
Pizzini				

Tue		Dietary	Allergens	May Contain
Soup	Country Vegetable Soup	V, VE, GF		
Main	Fish Mornay	GF		
Pot Meal	Spaghetti & Mini Meatballs		D	
Vegetarian	Vegetable Quesadilla	V, VE, GF	D, E, G, MU	
Pudding	Pudding of the Day		D	
Panini	Pepperoni or Cheese & Tomato		D, G	

Wed		Dietary	Allergens	May Contain
Soup	Tomato	V, VE, GF		
Main	Braised Steak & Onions	GF	S	
Pot Meal	Chicken Tikka Masala & Rice	GF	G, S, SE	
Vegetarian	Creamy Vegetable Pie	V	D, E, G	
Pudding	Pudding of the Day		D, E, G	
Panini	Steak Bake or Cheese & Tomato Panini		D, G, S	

Thu		Dietary	Allergens	May Contain
Soup	Spicy Mexican Bean	V, VE, GF		
Main	Beef & Vegetable Pie		D	
Pot Meal	Cajun Chicken	GF	G	
Vegetarian	Vegetable Hot Pot	V, VE	D, E, G	
Pudding	Sticky Banana Cake	V	D, E, G	
Panini	Chicken & Pesto or Cheese & Tomato		D, G	

Friday		Dietary	Allergens	May Contain
Soup	Potato & Chive	V, VE, GF		
Main	Fish & Chips		F, G	C
Pot Meal	Chicken & Leek Pasta	GF	E, S, SE	
Vegetarian	Vegetable Thai Curry	V, GF		
Pudding	Pudding of the Day		D, G	
Panini	Cheese & Tomato or Spicy Chicken		C, D, G	S, MU

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

Week Three