

Mon		Dietary	Allergens	May Contain
Soup	Sweet potato and Spinach	V, VE, GF		
Main	Cheese & Cherry Tomato Tart	V	D, E, G	
Pot Meal	Stuffed Jacket potatoes	V, GF	D	
Vegetarian	Potato Gnocchi with Pesto	V	D, G	
Pudding	Orange Sponge Pudding	V	D, E, G	
Pizzini	Cheese & Tomato or Spicy Chicken		D, G	

Tue		Dietary	Allergens	May Contain
Soup	Bean Soup (Cannellini bean)	V, VE, GF		
Main	Seafood Spaghetti, Lime, Basil & Chilli		G, F	
Pot Meal	Chicken Chow Mein		E, G, S, SE	
Vegetarian	Vegetable Stir Fry with Steamed Rice	GF	S, SE	
Pudding	Apple Crumble-Topped Pie	V	G, E	
Panini	Pepperoni or Pesto vegetables		D, G	

Wed		Dietary	Allergens	May Contain
Soup	Roasted Red Pepper with Chilli	V, VE, GF		
Main	Roast Gammon	GF		
Pot Meal	Chicken Pesto with Spaghetti		D, G	
Vegetarian	Vegetarian moussaka	V	D, G	
Pudding	Blueberry Sponge Pudding	V	D, E, G	
Panini	Cornish Pasty, Cheese & Tom Pannini		D, G	

Thu		Dietary	Allergens	May Contain
Soup	Courgette, Pea and Mint	V, VE, GF		
Main	Toad "N" Hole		D, E, G	
Pot Meal	Chinese Chicken Curry		G, MU	
Vegetarian	Stuffed Baby Peppers	V, VE, GF		
Pudding	Rhubarb Pie		D, E, G	
Panini	Chicken Pesto or Cheese & Tomato		D, G	

Friday		Dietary	Allergens	May Contain
Soup	Tomato	V, VE, GF		
Main	Large Hot Dog & Onions		G,	
Pot Meal	Chicken Sandwich with Lettuce & Mayo		C, D, E, G	S, MU
Vegetarian	Sweet & Sour Quorn	V, GF	E	
Pudding	Plum Pudding Cake	V	D, E, G	
Panini	Chicken Burritos or Cheese & Tomato		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 One