|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | ALLERGENS | | | | | | | | | | | | | |
| **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide/Sulphites** |
|  | **Menu Items**  (Meals in yellow have no allergens) |
|  | Smiley Faces |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato Wedges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Side Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausage Roll |  | **✔**   |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
|  | Chicken Goujon |  | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |
| Tortilla Wrap |  | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Pizzini |  | **✔** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| Breaded Chicken Burger in Bun |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
|  | Macaroni Cheese |  | **✔** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| Beef Burger in Bun |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| Cheese Sandwich |  | **✔** |  |  |  |  | **✔** |  |  |  |  |  | **✔** |  |
| Ham Sandwich |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| Tuna Mayonnaise Sandwich |  | **✔** |  | **✔** | **✔** |  |  |  |  |  |  |  | **✔** |  |
| Chicken Nuggets |  | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |
| Veggie Burger in Bun |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** | **✔** |
| Fish Goujon |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |  |  |
| Omelette |  |  |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| Hot Dog Bun |  | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |
| Burger Bun |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
|  | Sandwich Bread (Kingsmill 50/50) |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
|  | Strawberry Yoghurt |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
|  | Peach Yoghurt |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
|  | Tomato Ketchup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |































**EK 1**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | ALLERGENS | | | | | | | | | | | | | |
| **Celery** | **Cereals Containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame Seeds** | **Soya** | **Sulphur dioxide/Sulphites** |
|  | Menu Items |
|  | Mayonnaise |  |  |  | **✔** |  |  |  |  | **✔** |  |  |  |  |  |
| Fruit Selection |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Gluten Free Fish Finger |  |  |  |  | **✔** |  |  |  |  |  |  |  |  |  |
| Gluten Free Chicken Goujon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Falafel (Veggie Bites) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Hot Dog in Bun |  |  |  | **✔** |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Cumberland Sausage |  |  |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Gluten Free Beef Burger in Bun |  |  |  | **✔** |  |  |  |  |  |  |  |  |  |  |
| Beef Burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Cheese Sandwich |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| Gluten Free Ham Sandwich |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Tuna Mayonnaise Sandwich |  |  |  | **✔** | **✔** |  |  |  |  |  |  |  |  |  |
| Gluten Free Tortilla Wrap |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Bread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Gluten Free Burger Bun |  |  |  | **✔** |  |  |  |  |  |  |  |  |  |  |
|  | Gluten Free Sub Roll |  |  |  | **✔** |  |  |  |  |  |  |  |  |  |  |
|  | Gluten Free Macaroni Cheese |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
|  | Violife Cheese Slices |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vitalite Spread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dairy Free Ham Sandwich |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| Dairy Free Cheese Sandwich |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| Dairy Free Tuna Mayonnaise Sandwich |  | **✔** |  | **✔** | **✔** |  |  |  |  |  |  |  | **✔** |  |
| Dairy Free Macaroni Cheese |  | **✔** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| Monday- Tuna Mayonnaise |  | **✔** |  | **✔** | **✔** |  |  |  | **✔** |  |  |  |  |  |
| Monday- Cheese Sandwich |  | **✔** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| Monday- Ham Sandwich  Monday Ham Sandwich |  | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |
| Monday- Ham Gluten Free Sandwich |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Monday Gluten Free Tuna Mayonnaise |  |  |  | **✔** | **✔** |  |  |  | **✔** |  |  |  |  |  |

**WEEK 3**