

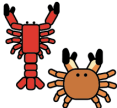
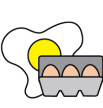












# Food items & their Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Monday Day 1

| Dish                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|                                  | Celery  | Cereals Containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| <b>Tuna Mayo Salad (Example)</b> | ✓   |   |   | ✓   | ✓  |   | ✓   |   | ✓   |   |   |   |   |   |
| <b>Week 1</b><br>Chicken Breast  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 2</b><br>BBQ Chicken Leg |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 3</b><br>Roast Turkey    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Gravy                            |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
|                                  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|                                  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Beans                      |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Potato                     |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Grated Cheese                    |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Tuna & Mayonnaise                |   |   |   | ✓   | ✓  |   |   |   | ✓   |   |   |   |   |   |
| Coleslaw                         |   |   |   | ✓   |  |   |   |   | ✓   |   |   |   |   |   |



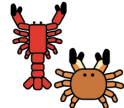
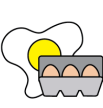

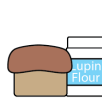








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GF = Gluten Free

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# Food items & their Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Tuesday Day 2

| Dish  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   | Celery  | Cereals Containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| <b>Tuna Mayo Salad (Example)</b>                          | ✓   |   |   | ✓   | ✓  |   | ✓   |   | ✓   |   |   |   |   |   |
| <b>Week 1</b><br>Beef Bolognese GF<br>Pasta Bake          |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| <b>Week 2</b><br>Roast Pork                               |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 3</b><br>GF Pork Sausages<br>with Red Onion Gravy |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
| Gravy   |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
|   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Beans   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Potato  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Grated Cheese   |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Tuna & Mayonnaise   |   |   |   | ✓   | ✓  |   |   |   | ✓   |   |   |   |   |   |
| Coleslaw  |   |   |   | ✓   |  |   |   |   | ✓   |   |   |   |   |   |



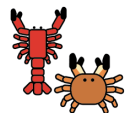

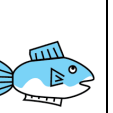
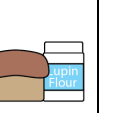


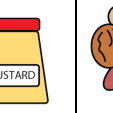
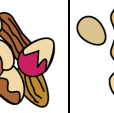
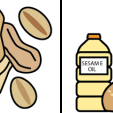
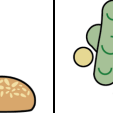
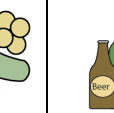
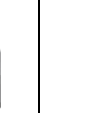
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## Food items & their Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Wednesday Day 3

| Dish  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   | Celery  | Cereals Containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| <b>Tuna Mayo Salad (Example)</b>                        | ✓   |   |   | ✓   | ✓  |   | ✓   |   | ✓   |   |   |   |   |   |
| <b>Week 1</b><br>Baked Potato with Baked Beans & Cheese |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| <b>Week 2</b><br>GF Chicken Tikka Sauce                 |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| <b>Week 3</b><br>Butter Chicken Curry                   |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Gravy   |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
| Turmeric Rice   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Steamed Rice  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Beans   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Potato  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Grated Cheese   |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Tuna & Mayonnaise                                       |   |   |   | ✓   | ✓  |   |   |   | ✓   |   |   |   |   |   |
| Coleslaw  |   |   |   | ✓   |  |   |   |   | ✓   |   |   |   |   |   |



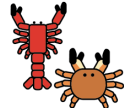

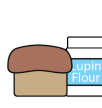







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# Food items & their Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Thursday Day 4



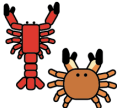
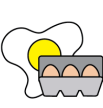










| Dish   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|  | Celery  | Cereals Containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| <b>Tuna Mayo Salad (Example)</b>                                 | ✓   |   |   | ✓   | ✓  |   | ✓   |   | ✓   |   |   |   |   |   |
| <b>Week 1</b><br>Quorn Mince GF<br>Spaghetti Bolognise           |   |   |   | ✓   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 2</b><br>GF Bangers & Mash<br>(with beans or vegetables) |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 3</b><br>Salt & Pepper<br>Chicken Leg                    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Gravy  |   |   |   |   |  |   |   |   |   |   |   |   | ✓   |   |
|  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Beans  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Potato   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Grated Cheese  |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Tuna & Mayonnaise  |   |   |   | ✓   | ✓  |   |   |   | ✓   |   |   |   |   |   |
| Coleslaw   |   |   |   | ✓   |  |   |   |   | ✓   |   |   |   |   |   |

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## Food items & their Allergen content:

Gluten Free Week(s) 1, 2 & 3 – Friday Day 5

| Dish  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   | Celery  | Cereals Containing Gluten   | Crustaceans   | Eggs  | Fish   | Lupin   | Milk  | Molluscs  | Mustard   | Nuts  | Peanuts   | Sesame Seeds  | Soya  | Sulphur Dioxide   |
| <b>Tuna Mayo Salad (Example)</b>                | ✓   |   |   | ✓   | ✓  |   | ✓   |   | ✓   |   |   |   |   |   |
| <b>Week 1</b><br>GF Sausages<br>(Pork Sausages) |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 2</b><br>GF Chicken Nuggets             |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| <b>Week 3</b><br>GF Pitta Pizza<br>Margherita   |   |   |   |   |  |   | ✓   |   | ✓ *   |   |   | ✓ *   |   |   |
| Chipped Potatoes                                |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Beans                                     |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Baked Potato                                    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Grated Cheese                                   |   |   |   |   |  |   | ✓   |   |   |   |   |   |   |   |
| Tuna & Mayonnaise                               |   |   |   | ✓   | ✓  |   |   |   | ✓   |   |   |   |   |   |
| Coleslaw  |   |   |   | ✓   |  |   |   |   | ✓   |   |   |   |   |   |

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