WEEK COMMENCING 15/10/2018		1												
MAIN COURSE	GLUTEN	WHEAT	EGG	MUSTARD	MILK	SOYA	FISH	SESAME	CELERY	SULPHITES	CRUSTAC	MOLLUSCS	LUPIN	PEANUT/NUT
Sausages	GLUTEN	WHEAT								SULPHITES				
Yorkshire pudding	GLUTEN	WHEAT	EGG		MILK									
gravy														
mashed potatoes					MILK									
carrots & peas														
Homemade Cottage Pie														
Brocolli & carrots														
Roast Chicken														
Gravy														
Stuffing	GLUTEN	WHEAT												
Roast Potatoes														
Cauliflower Cheese	GLUTEN	WHEAT			MILK									
Brocolli														
Chicken Tikka Masala				MUSTARD	MILK	SOYA								
Rice														
Mango Chutney														
Naan Bread	GLUTEN	WHEAT			MILK									
Battered Cod	GLUTEN	WHEAT			MILK		FISH							
Chips														
Tartare Sauce			EGG	MUSTARD	MILK									
VEGETARIAN OPTION														
Quorn Sausages	GLUTEN	WHEAT	EGG		MILK									
Yorkshire pudding	GLUTEN	WHEAT	EGG		MILK									
Mashed Potatoes					MILK									
Carrots & peas														
Mixed Bean Tortilla Stack	GLUTEN	WHEAT			MILK									
Salad														
Roast Vegetables & cous cous	GLUTEN	WHEAT												
Sweet Potato & Cauliflower curry				MUSTARD	MILK	SOYA								
Rice														
Naan Bread	GLUTEN	WHEAT			MILK									
Mango Chutney														
Three cheese Penne Pasta	GLUTEN	WHEAT			MILK									
Garlic Doughballs	GLUTEN	WHEAT			MILK									
GRAB & GO														
Cheese Tomato Pizza	GLUTEN	WHEAT			MILK									
Cheese & Pepperoni Pizza	GLUTEN	WHEAT		MUSTARD	MILK									
BBQ Pulled Pork in Bap	GLUTEN	WHEAT		MUSTARD	MILK	SOYA								
Homemade Coleslaw			EGG	MUSTARD										
Macaroni Cheese	GLUTEN	WHEAT			MILK									
Garlic Bread	GLUTEN	WHEAT			MILK									
Southern fried chicken wrap	GLUTEN	WHEAT		MUSTARD					CELERY					
Mayonnaise			EGG	MUSTARD										
Cheese & Ham Panini	GLUTEN	WHEAT			MILK									
Cheese & Pepperoni Panini	GLUTEN	WHEAT		MUSTARD	MILK									
Cheese Tomato & Onion Panini	GLUTEN	WHEAT			MILK									
JACKET FILLINGS														
Cheese					MILK									
Tuna Mayo			EGG	MUSTARD			FISH							
Chciken Mayo			EGG	MUSTARD										
Chicken Korma			EGG	MUSTARD	MILK	SOYA								
PASTA SALADS														
Pesto	GLUTEN	WHEAT			MILK									
Chicken & Sweetcorn	GLUTEN	WHEAT	EGG	MUSTARD										
Tuna Mayo	GLUTEN	WHEAT	EGG	MUSTARD			FISH							
DESSERTS & SMOOTHIES														
Angel Delight					MILK									
Cheese cake	GLUTEN	WHEAT			MILK									
Jelly														
Fruit Smoothies					MILK									