



Fresh Start: Allergen information

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten
Celery
Crustaceans
Egg
Fish
Lupin
Mustard

Nut
Milk
Molluscs
Peanut
Sesame
Soya
Sulphites

Please find below the allergens for our main meals and puddings. The Deli Option will stay the same every day, except Monday's where we will not be offering ham and will be substituting this for those highlighted below

Blue Option: Jacket Potato Fillings	Yellow Option: Deli
Tuna Mayonnaise Egg, Fish, Mustard	Wrap/Bread /Baguette Gluten, Soya, Milk, Sesame
Baked Beans NONE	Cheese Milk
Coleslaw Egg, Mustard	Ham NONE
Cheese Milk	Egg Mayonnaise Egg, Mustard
	Tuna Mayonnaise Egg, Fish, Mustard
	Coleslaw (Monday substitute for Ham) Egg, Mustard

The yoghurt that we provide as an option each day for our puddings contains **Milk**



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WEEK A

Monday: Red Option	Monday: Green Option	Dessert
Red Pepper & Basil Pasta (V) Gluten	Tomato & Cheese Pizza (V) Gluten, Milk	Apple Flapjack (V) Gluten
Tuesday: Red Option	Tuesday: Green Option	Dessert
Salmon Fishcake Fish, Gluten, Egg, Milk, Mustard	Macaroni Cheese (V) Gluten, Milk	Swiss Roll with Fruit Compote (V) Egg, Gluten
Wednesday: Red Option	Wednesday: Green Option	Dessert
Roast chicken, Roast Potatoes & Stuffing Gluten	Savoury Muffins, Roast Potatoes & Stuffing (V) Egg, Gluten, Milk, Celery	Fruit Jelly (V) None
Thursday: Red Option	Thursday: Green Option	Dessert
Sausage Casserole & Rice Gluten, Sulphites	Fry's Sticky Honey Strips & Noodles (V) Gluten, Egg, Soya	Banana & Sultana Bars (V) Gluten
Friday: Red Option	Friday: Green Option	Dessert
Fish Fingers & Wedges Fish, Gluten	Mexican Bean Burrito (V) Gluten	Zesty Citrus Sponge (V) Egg, Gluten



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WEEK B

Monday: Red Option	Monday: Green Option	Dessert
Pesto & Vegetable Pasta (V) Gluten, Milk, Sulphites	Cheese & Potato Pasty (V) Gluten, Milk, Egg	Shortbread with Orange Smiles (V) Gluten
Tuesday: Red Option	Tuesday: Green Option	Dessert
Roast Turkey, Roast Potatoes & Yorkshire Pudding Milk, Egg, Gluten	Cauliflower & Broccoli Bake, Roast Potatoes & Yorkshire Pudding (V) Egg, Gluten, Milk	Rice Pudding & Fruit Compote (V) Milk
Wednesday: Red Option	Wednesday: Green Option	Dessert
Pepperoni Pasta Bake Gluten, Milk	Vegetable Chilli & Rice (V) None	Berry Bircher (V) Gluten, Milk
Thursday: Red Option	Thursday: Green Option	Dessert
Cottage Pie None	Singapore Noodles (V) Egg, Soy, Gluten	Fruit Cookie (V) Gluten
Friday: Red Option	Friday: Green Option	Dessert
Breaded Cod & New Potatoes Fish, Gluten	Cheesy Vegetable Burger & New Potatoes (V) Gluten, Egg, Milk	Chocolate & Banana Brownies Gluten



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WEEK C

Monday: Red Option	Monday: Green Option	Dessert
Vegetable Biryani & Rice (V) None	Pesto Pizza (V) Milk, Gluten, Sulphites	Rock Cakes (V) Gluten, Egg, Milk
Tuesday: Red Option	Tuesday: Green Option	Dessert
Chicken Korma & Rice Sulphites	Pasta Spirals with Roasted Vegetables (V) Gluten	Apple & Sultana Sponge (V) Egg, Gluten
Wednesday: Red Option	Wednesday: Green Option	Dessert
Sausage Plait & Mash Gluten, Sulphites	Winter Vegetable Casserole (V) None	Fruit Salad (V) None
Thursday: Red Option	Thursday: Green Option	Dessert
Spaghetti Bolognese Gluten	Vegetable Ratatouille & Rice None	Honey Bee Cookies (V) Egg, Gluten
Friday: Red Option	Friday: Green Option	Dessert
Fish Fingers and Chips Fish, Gluten (mustard in the ketchup)	Cheesy Pasta (V) Gluten, Milk	Fruit Crumble & Custard Milk



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THEME DAY THURSDAY 3 OCTOBER

Monday: Red Option	Monday: Green Option	Dessert
Blackbeard Cannon Balls None	Seaweed Spaghetti Milk, Sulphites	Cutlass Cookies Gluten, Milk, Soya