| ALLERGENS        | ALLERGENS            | SPRING MENU 2025  |          |                | X CONTAINS ALLERGENS |        |              |         |          | ASSESSED ON 02/12/2025 |      |          |          |       |          |  |
|------------------|----------------------|---|----------|----------------|----------------------|--------|--------------|---------|----------|------------------------|------|----------|----------|-------|----------|--|
| Week 2 Monday    | Week 2 Monday        | Dish  | Celery   | Shell Fish     | Fish                 | Milk   | Mustard      | Peanuts | Soya     | Gluten                 | Eggs | Lupin    | Molluscs | Nuts  | Seasame  | Sulphur  |
| Main             | Main                 | GF/DF Chicken Tikka Masala  |          |                |                      |        |              |         |          | MC                     |      |          |          |       |          |  |
| Side             | Side                 | Rice  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Dessert          | Side                 |   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Jacket Potato        | Jacket Potato   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Allergen Free Cheese | Jacket Potato with Allergen Free Cheese                           |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Beans                | Jacket Potato with Beans  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Tuna                 | Jacket Potato with Tuna   |          |                | Х                    |        |              |         |          |                        | Х    |          |          |       |          |  |
| Week 2 Tuesday   | Dessert              | GF/DF Fruit Flapjack  |          |                |                      |        |              |         |          |                        |      |          |          |       |          | Х  |
| Vegan            | Week 2 Tuesday       | Dish  | Celery   | Shell Fish     | Fish                 | Milk   | Mustard      | Peanuts | Soya     | Gluten                 | Eggs | Lupin    | Molluscs | Nuts  | Seasame  | Sulphur  |
| Side             | Main                 | Beef Bolognaise   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Side             | Side                 | GF/DF Pasta   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Side                 | Baby Carrots  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Jacket Potato        | Jacket Potato   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Allergen Free Cheese | Jacket Potato with Allergen Free Cheese                           |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Beans                | Jacket Potato with Beans  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Tuna                 | Jacket Potato with Tuna   |          |                | Х                    |        |              |         |          |                        | Х    |          |          |       |          |  |
| Dessert          | Dessert              | GF/DF Vanilla Muffin  |          |                |                      |        |              |         |          |                        | Х    |          |          |       |          |  |
| Week 2 Wednesday | Week 2 Wednesday     | Dish  | Celery   | Shell Fish     | Fish                 | Milk   | Mustard      | Peanuts | Soya     | Gluten                 | Eggs | Lupin    | Molluscs | Nuts  | Seasame  | Sulphur  |
| Main             | Main                 | Tomato & Basil Pasta  | •        |                |                      |        |              |         | •        |                        |      |          |          |       |          |  |
|                  | Side                 | Gluten Free Pasta   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Side             | Side                 | Country Vegetables  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Jacket Potato        | Jacket Potato   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Allergen Free Cheese | Jacket Potato with Allergen Free Cheese                           |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Beans                | Jacket Potato with Beans  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Tuna                 | Jacket Potato with Tuna   |          |                | Х                    |        |              |         |          |                        | Х    |          |          |       |          |  |
| Side             | Dessert              | Baked Pineapple & Alpro Dessert                                   |          |                |                      |        |              |         | Х        |                        |      |          |          |       |          |  |
| Dessert          | Week 2 Thursday      | Dish  | Celery   | Shell Fish     | Fish                 | Milk   | Mustard      | Peanuts | Soya     | Gluten                 | Eggs | Lupin    | Molluscs | Nuts  | Seasame  | Sulphur  |
| Week 2 Thursday  | Main                 | Roast Pork  | <u> </u> |                |                      |        |              |         | <u> </u> |                        | - 55 | •        |          |       |          | <del></del>                                      |
| Main             | Side                 | Crispy Roast Potatoes   | MC       |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Side             | Side                 | Broccoli, Carrots & Gravy   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Side             | Jacket Potato        | Jacket Potato   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Allergen Free Cheese | Jacket Potato with Allergen Free Cheese                           |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Beans                | Jacket Potato with Beans  |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
|                  | Tuna                 | Jacket Potato with Tuna   |          |                | Х                    |        |              |         |          |                        | Х    |          |          |       |          |  |
|                  | Dessert              | GF/DF Black Forest Muffin   |          |                |                      |        |              |         |          |                        |      |          |          |       | 1        |  |
| Dessert          | Week 2 Friday        | Dish  | Celery   | Shell Fish     | Fish                 | Milk   | Mustard      | Peanuts | Soya     | Gluten                 | Eggs | Lupin    | Molluscs | Nuts  | Seasame  | Sulphur  |
| Week 2 Friday    | Main                 | GF/DF Fish Fingers  | Celeiy   | 5.1.6.1.1.5.1. | X                    | TVIIIK | Mastara      | Canacs  |          | Giateii                | -883 | Lupiii   | Wienases | 11413 | Jeasanie | Sulphui  |
| Main             | Side                 | Chips   |          |                |                      |        |              |         |          |                        |      |          |          |       |          |  |
| Side             | Side                 | Beans   |          | + +            |                      |        |              |         |          |                        |      |          |          |       |          | <del></del>                                      |
|                  | Jacket Potato        | Jacket Potato   |          | + +            |                      |        | +            |         |          |                        |      |          | -        |       | +        | <del></del>                                      |
|                  | Allergen Free Cheese | Jacket Potato  Jacket Potato with Allergen Free Cheese            |          | + +            |                      |        | 1            |         |          |                        |      |          | +        |       | +        | <del>                                     </del> |
|                  |                      | Jacket Potato with Allergen Free Cheese  Jacket Potato with Beans |          | + +            |                      |        | 1            |         |          |                        |      |          |          |       | +        | <del></del>                                      |
|                  | Beans                |   |          | + +            | v                    |        | 1            |         |          |                        | v    |          |          |       | +        | <del></del>                                      |
|                  | Tuna                 | Jacket Potato with Tuna   |          | +              | Х                    |        | <del> </del> | -       |          |                        | Х    |          |          |       | +        | <del> </del>                                     |
| Side<br>Dessert  | Dessert              | GF/DF Fruit Flapjack  |          |                |                      |        | <u> </u>     |         |          |                        |      | <u> </u> |          |       |          |  |