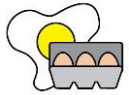
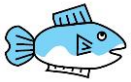
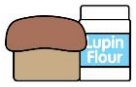
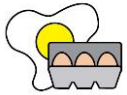
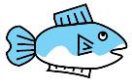
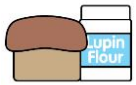
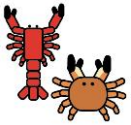
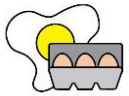
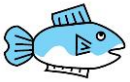
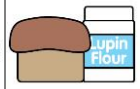
DISHES AND THEIR ALLERGEN CONTENT -MAIN COURSE WEEK 1

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
CHICKEN KORMA							✓		✓					
CHICKPEA & SPINACH KORMA							✓		✓					
HOT DOG		**Wheat**											✓	✓
HOT DOG ROLL		**Wheat**										✓		
VEGAN HOT DOG		**Wheat**												
ROAST CHICKEN														
SPICED VEG TURNOVER		**Wheat**		✓			✓							
BOLOGNESE PASTABAKE		**Wheat**					✓							
TOMATO PASTABAKE		**Wheat**		✓			✓							
FISH FINGERS		**Wheat**			✓									
QUORN FINGER		**Wheat**												

DISHES AND THEIR ALLERGEN CONTENT -MAIN COURSE WEEK 2

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHICKEN BURGER	✓	**Wheat**										**May contain**		
QUORN BURGER		**Wheat**										**May contain**		
MEXICAN CHICKEN TORTILLA BAKE		✓					✓							
MEXICAN QUORN TORTILLA BAKE		✓					✓							
GAMMON														
VEGETABLE TART		**Wheat**		✓			✓			✓ **May contain**				
LAMB HOT POT														
VEG AND LENTIL HOTPOT														
CHICKEN NUGGETS	✓	**Wheat**												
QUORN NUGGETS		**Wheat**												

DISHES AND THEIR ALLERGEN CONTENT -MAIN COURSE WEEK 3

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
MINCED BEEF STEW														
QUORN STEW														
JACKET POTATO														
CHICKEN														
VEG AND LENTIL STEW														
Chicken & SWEETCORN PASTA BAKE		**WHEAT**					✓							
Quorn & SWEETCORN PASTA BAKE		**WHEAT**					✓							
FISH CAKES		**WHEAT**			✓									
QUORN FINGERS		**WHEAT**												