Allergen Info

Recipe	Celery	Crustaceans	Cereals containing gluten	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	Nuts
MAINS														
Monday														
Mexican Beef & lentil Nachos	■		■									■		
Mexican Mince Quorn & lentil Nachos	■		■	■								■		
Sweetcorn Rice														
Guacomole and salsa														
Spiced Apple crumble			■											
Custard or Yoghurt							■							
Tuesday														
Mince Pork & Leek pie	■		■	■										
Mince Beef & leek pie	■		■	■										
Leek & lentil Pie	■		■	■										
Mash potatoes														
carrots & peas														
Sugar free banana cake			■	■										
Wednesday														
Salmon, pea & white bean spaghetti	■		■		■		■							
Cauilflower, pea & white bean spaghetti	■		■				■							
Kale & cauliflower														
Cream crackers			■	■			■				■			
Cream cheese							■							
Thursday														
Garlic & paprika chicken thighs														
Garlic & paprika Quorn Roast				■			■							
Sweet potato mash														
Broccoli														
Sugar Free Fruity flapjack			■											
Friday														
Baked Breaded Fish fillets			■		■									
Leek, mushroom & red onion Frittata				■			■							
Chips														
Baked beans & peas														
Melon Skewers														
Yoghurt							■							