

| Menu/Location | Week 3 | Oats | Fruit | Eggs | Soya | Gluten | Milk | Celery | Mustard | Fish | Tomato | Legumes | Sulphites | Beef |
|---|--------|------|-------|------|------|--------|------|--------|---------|------|--------|---------|-----------|------|
| Pasta bolognese | | | | | | W | | ✓ | | | ✓ | | | ✓ |
| Quorn pasta bolognese | | | | ✓ | | W/B | | ✓ | | | ✓ | ✓ | | |
| Sticky BBQ sausages | | | | | | W/R | | | | | ✓ | ✓ | | |
| Sticky BBQ quorn strips | | | | | | W | | | | | ✓ | ✓ | | |
| Red pepper & tomato sauce pasta | | | | | | W | | ✓ | | | ✓ | | | |
| Ham baguette | | | | | | W | | | | | | | | |
| Cheese baguette | | | | | | W | ✓ | | | | | | | |
| Chicken burger in a bun | | | | | | W | | | | | | ✓ | | |
| Quorn nuggets | | | | | | W | | | | | | ✓ | | |
| Ham & pepperoni pizza | | | | | | W | ✓ | | | | ✓ | | | |
| Cheese & tomato pizza | | | | | | W | ✓ | | | | ✓ | | | |
| Bread (crusty, garlic) | | | | | | W | | | | | | | | |
| Potatoes (baby, potato fries, crispy cubes, jacket) | | | | | | W | | | | | | | | |
| Cheddar cheese | | | | | | | ✓ | | | | | | | |
| Tuna mayonnaise | | | | ✓ | | | | | | ✓ | | | | |
| Baked beans | | | | | | | | | | | ✓ | ✓ | | |
| Fresh fruit & yoghurt | | | | | | | ✓ | | | | | | | |
| Mini blueberry muffin | | | | ✓ | | W | ✓ | | | | | | | |
| Raspberry smoothie | | | | | | | | | | | | | | |
| Ice cream roll | | | | ✓ | ✓ | | ✓ | | | | | | | |
| Homemade chocolate cake | | | | ✓ | | W | | | | | | | | |

Key:

W = Wheat O = Oats B = Barley R = Rusk S = Spelt
 K - Kiwi S - Strawberry HM - Honey Melon P - Pineapple

FREE FROM ALTERNATIVES ARE AVAILABLE.

✓ = Allergen
 T = Trace

Date: 15th August 2024
 Completed By: Angela McBride