RLK Allergens Autumn Term 2022. Menu Item		W	T _i	E		Aphn Bour	Wilk		(ALAS MARC)		S.			Me
Week 1 Monday	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Hot Dogs Wedges and Beans		х												
Veggie Sausage C13699 Wedges and Beans		х					х						Х	
Jacket Potato with Cheese							х							
Jacket Potato with Baked Beans		х												
Jacket Potato with Tuna					х									
Chocolate Mousse							х							
Week 1 Tuesday														
Pork Meatballs							х							
Spaghetti		х												
Veggie Meatballs Tomato Sc		х											х	
Garlic Bread		х					х							
Flapjack		х					х							
Week 1 Wedneasday														
Roast Beef														
Yorkshire Puddings		х		х			х							
Roast Potatoes														
Gravy (Knorr A3801)														
Roast Quorn				х			х							
Ice Cream							х							
Week 1 Thursday														
Ham and Tomato Pizza		х					х							
Margherita Pizza		х					х							
Herby Diced Potatoes C18358	М						М							М
Sweetcorn														
Chocolate Cornflake Cake		х					х			М				
Week 1 Friday														
Fillet Batterd of Fish		х			х		х							
Mushy Peas		İ		İ	İ			İ						
Cheese & Onion Lattice	Î	х	Ì	х	Ì		х	Ì	х	М		Ì	х	
Yoghurts	Î	Ì	Ì	Ì	Ì		х	Ì				Ì		
Contains Allergen - X / May Contain Allergen - M	•													
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Menu Item

Week 2 Monday	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beef Burger														
Bun		Х										М		
Diced Potatoes														
Vegetable Burger	х	Х					х		Х					
Srawberry Mousse							Х							
Week 2 Tuesday														
Pasta Carbonara		Х					Х		Х					
Garlic Bread		Х					Х					М		
Cheesey Pasta		Х					Х		Х					
Pasta		Х												
Choc Chip Muffin		х		Х			х			М			Х	
Week 2 Wednesday														
Roast Turkey														
Stuffing		х												
Roast Potatoes														
Gravy (Knorr)														
Roast Quorn				х			х						х	
Ice Cream							х							
Week 2 Thursday														
Chicken Curry		х					х		М					
Vegetable Curry		х					х		М					
Naan Bread														
Jelly (Egg less)														
Week 2 Friday														
Fish Fingers		х		Х	х									
Oven Chips														
Baked Beans		х												
Vegetarian Nuggets C12254		х												
Cheese							х							
Crackers		х		М			М			М	М	М	М	М
Contains Allergen - X / May Contain Allergen - M														
Menu Item	***	M	T _i	E		apin Bour	Wilk		ANUS MARO				A BE	Me
Week 3 Monday	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pork Sausage		Х											х	

Mash Potatoes					Х					
Veggie Sausage C13699									х	
Chocolate Browie		х	х		х					
Week 3 Tuesday										
Beef Bolognaise		х								
Pasta		х								
Tom & Veg Pasta Bake		х			х					
Garlic Bread		х			х			М		
Banana Mousse					х					
Week 3 Wednesday										
Roast Chicken										
Stuffing		х								
Roast Quorn			х		х					
Ice Cream					х					
Gravy (Knorr)										
Week 3 Thursday										
Shepards Pie		Х			Х					
vegetable Cottage Pie	М	х			х					
Gravy (Knorr)										
Chocolate Cookie		х			Х					
Week 3 Friday										
Fish Fingers		х		Х						
Wedges										
Vegetarian Nuggets		х								
Baked Beans		х								
Pineapple Cake		х	х		Х					
Custard					Х					