





























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

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