



WEEK 1

MENU

IMPORTANT INFORMATION:

The content of this document is a guide. On occasions menus, ingredients and products may have to be substituted.

Nut-Free Kitchens: Yes Chef do not use any nuts in our menus, or keep nuts in our kitchens. However, we cannot guarantee that the ingredients we get from our suppliers are made in nut-free factories.

Other Allergies: The kitchen areas are carefully cleaned where we prepare allergen meals and we keep all allergy-causing foods separately. However, tiny bits of food can sometimes spread in the kitchen air or through shared equipment. This is called "cross-contamination" and "airborne allergens." While we do everything we can to minimise this risk, we cannot completely eliminate it and therefore we cannot accept responsibility for airborne allergens.

Yes Chef Catering cannot be held responsible for your child sitting next to another person with a meal that is not allergen free.

We also cannot be responsible if your child eats from another child's plate or is given food from someone who does not work for Yes Chef Catering.



INGREDIENTS AND ALLERGENS

BURGER PASTA

Fusilli Pasta (**GLUTEN**)

Minced Beef

Burger Cheese (**DAIRY**)

Diced Onions

Gherkins

Lettuce

Ketchup

Paprika

Mayonaise (**EGG**)

Served with Crunchy Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL LAMB BURGER PASTA

Fusilli Pasta (**GLUTEN**)

Halal Lamb Mince

Burger Cheese (**DAIRY**)

Diced Onions

Gherkins

Lettuce

Ketchup

Paprika

Mayonaise (**EGG**)

Served with Crunchy Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

QUORN BURGER PASTA

Fusilli Pasta (**GLUTEN**)

Quorn Mince

Burger Cheese (**DAIRY**)

Diced Onions

Gherkins

Lettuce

Ketchup

Paprika

Mayonaise (**EGG**)

Served with Crunchy Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

SCHOOL SPRINKLE CAKE

Self Raising Flour (**GLUTEN**)

kerrymaid Baking Blocks

Granulated Sugar

Eggs (**EGG**)

Vanilla Essence

Icing Sugar

Sprinkles

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

KATSU CHICKEN CURRY

Breaded Chicken Steak (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL KATSU CURRY

Halal Breaded Chicken Steak (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGGIE KATSU CURRY

Daloon Veggie Burger (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

COOKIE

Plain Flour (**GLUTEN**)

Kerrymaid Baking Blocks

Granulated Sugar

Vanilla Essence

Baking Powder

Rasins or Sultanas (Optional)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

ROAST DINNER (PORK)

Roast Loin Pork

Seasoning

Roast Potatoes

Gravy (SULPHITES)

Yorkshire Puddings (GLUTEN, EGGS & MILK)

Gluten Free Yorkshire Puddings (EGG & MILK)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

ROAST DINNER (HALAL CHICKEN)

Roast Halal Chicken Breast

Seasoning

Roast Potatoes

Gravy (**SULPHITES**)

Yorkshire Puddings (**GLUTEN, EGGS & MILK**)

Gluten Free Yorkshire Puddings (**EGG & MILK**)

Mixed Vegetables



INGREDIENTS AND ALLERGENS

VEGETABLE CRUMBLE

Garlic
Onions
Potatoes
Leeks
Carrot
Sweetcorn
Mushroom
Veg Stock
Stuffing Mix (GLUTEN)
Breadcrumbs (GLUTEN)
Roast Potatoes
Gravy (SULPHITES)
Yorkshire Puddings (GLUTEN, EGGS & MILK)
Gluten Free Yorkshire Puddings (EGG & MILK)
Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

FLAPJACK

Oats (**GLUTEN**)

Kerrymaid Baking Blocks

Golden Syrup

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INGREDIENTS AND ALLERGENS

PORK SAUSAGE & YORKSHIRE PUDDING

Pork Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

New Potatoes

Diced Swede

Baby carrots

Sweetcorn

Huegli Gravy (SULPHATES)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL CHICKEN SAUSAGES & YORKSHIRE PUDDING

Halal Chicken Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

New Potatoes

Diced Swede

Baby carrots

Sweetcorn

Huegli Gravy (SULPHATES)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

VEGAN QUORN SAUSAGES & YORKSHIRE PUDDING

Vegan Quorn Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

New Potatoes

Diced Swede

Baby carrots

Sweetcorn

Huegli Gravy (SULPHATES)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

JELLY

Raspberry Jelly Crystals (GELATINE)

Strawberry Jelly Crystals (GELATINE)

Orange Jelly Crystals (GELATINE)

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INGREDIENTS AND ALLERGENS

PIZZA

Healthy Eating Cheese & Tomato Pizza (**GLUTEN & MILK**)

Healthy Eating Cheese, Pepperoni and Tomato Pizza (**GLUTEN & MILK**)

Jacket Wedges Potatoes

Gluten Free Pizza (**MILK**)

MILK Free Pizza (**GLUTEN**)

Sweetcorn

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INGREDIENTS AND ALLERGENS

ICE CREAM CONE

Ice Cream Cone (GLUTEN) (SOYA)

Vanilla Ice Cream 1 Scoop

Strawberry Sauce

Chocolate Sauce

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INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS, MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

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WEEK 2

MENU

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INGREDIENTS AND ALLERGENS

BREADED COD & ROASTED NEW POTATOES

Breaded Cod (**FISH & GLUTEN**)

Roasted New Potatoes

Garden Peas

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

HOT FALAFEL WRAP WITH GARLIC MAYO

Falafels

Tortilla Wrap (**GLUTEN**)

Mayonaise (**EGGS**)

Garlic Grannules

Roasted New Potatoes

Peas

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

MOUSSE

G/F Strawberry Mousse (DAIRY)

G/F Chocolate Mousse (DAIRY)

G/F Banana Mousse (DAIRY)

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INGREDIENTS AND ALLERGENS

PORK MEATBALLS IN TOMATO & OREGANO SAUCE

Pork Meatballs (GLUTEN & SOYA)

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Pepper

Carrots

Leeks

Stock (SULPHITES)

Gluten Free Pork Meatballs

Savoury Rice

Italian Salad

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL LAMB MEATBALLS IN TOMATO & OREGANO SAUCE

Halal Lamb Mince
Breadcrumbs (**GLUTEN**)
Diced Onions
Chopped Tomatoes
Garlic Granules
Mixed Herbs
Pepper
Carrots
Leeks
Stock (**SULPHITES**)
Gluten Free Lamb Meatballs
Savoury Rice
Italian Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

QUORN BALLS IN TOMATO & OREGANO SAUCE

Quorn Balls (**GLUTEN**)

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Pepper

Carrots

Leeks

Stock (**SULPHITES**)

Gluten Free Lamb Meatballs

Savoury Rice

Italian Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

FRUIT PLATTERS

Watermelon
Honeydew Melon
Large Oranges
Pineapple
Plums
Kiwi
Red Grapes
Green Grapes

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

ROAST DINNER - CHICKEN

Pork Chicken Breast

Roast Potatoes

Gravy (**SULPHITES**)

Yorkshire Puddings (**GLUTEN, EGG & MILK**)

Gluten Free Yorkshire Puddings

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

QUORN VEGETARIAN ROAST

Quorn Vegetarian Roast (EGG & MILK)

Roast Potatoes

Gravy (SULPHITES)

Yorkshire Puddings (GLUTEN, EGG & MILK)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

VANILLA SHORTBREAD

Flour (**GLUTEN**)
Dairy Free butter
Sugar
Vanilla Essence

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

YES CHEF CHICKEN CURRY

Chicken Breast Diced
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red lentils
Chopped Tomatoes
Coconut Milk
Stock
Seasoning
Sugar
Basmati Rice
Nann Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

YES CHEF HALAL CHICKEN CURRY

Halal Chicken Breast Diced
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red lentils
Chopped Tomatoes
Coconut Milk
Stock
Seasoning
Sugar
Basmati Rice
Naan Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

YES CHEF VEGETABLE CURRY

Cauliflower
Sweet Potato
Mushrooms
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red lentils
Chopped Tomatoes
Coconut Milk
Stock
Seasoning
Sugar
Basmati Rice
Naan Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CHOCOLATE FUDGE CAKE

Self Raising Flour (**GLUTEN**)

Dark Brown Sugar

Dairy Free Butter

Cocoa Powder

Caster Sugar

Baking Powder

Eggs (**EGG**)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

AMERICAN PORK HOT DOG

Pork Hot dogs

Hotdog Roll (**GLUTEN**)

Gluten Free Roll

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL BEEF HOT DOG

Beef Hot dogs

Hotdog Roll (**GLUTEN**)

Gluten Free Roll

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGAN HOT DOG

Quorn Vegan Hot dogs (**GLUTEN**)

Hotdog Roll (**GLUTEN**)

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

KRISPIE CAKE

Cocoa Powder

Kerrymaid Baking Blocks

Golden Syrup

Cornflakes or Rice Krispies (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS & MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



WEEK 3

MENU

IMPORTANT INFORMATION:

The content of this document is a guide. On occasions menus, ingredients and products may have to be substituted.

Nut-Free Kitchens: Yes Chef do not use any nuts in our menus, or keep nuts in our kitchens. However, we cannot guarantee that the ingredients we get from our suppliers are made in nut-free factories.

Other Allergies: The kitchen areas are carefully cleaned where we prepare allergen meals and we keep all allergy-causing foods separately. However, tiny bits of food can sometimes spread in the kitchen air or through shared equipment. This is called “cross-contamination” and “airborne allergens.” While we do everything we can to minimise this risk, we cannot completely eliminate it and therefore we cannot accept responsibility for airborne allergens.

Yes Chef Catering cannot be held responsible for your child sitting next to another person with a meal that is not allergen free.

We also cannot be responsible if your child eats from another child’s plate or is given food from someone who does not work for Yes Chef Catering.



INGREDIENTS AND ALLERGENS

JACKET POTATO (WITH BOTH HOT & COLD FILLINGS)

Jacket Potato

Tuna Mayo (**FISH & EGGS**)

Homemade Slaw (**EGGS**)

Grated Cheese (**MILK**)

Baked Beans

Mixed Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

MACARONI CHEESE WITH PETIT PAIN

Macaroni Pasta (GLUTEN & MILK)

Cheese Sauce (MILK)

Grated Cheese (MILK)

Petit Pain Roll (GLUTEN)

Mixed Salad

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

WATERMELON SLICE

Watermelons

-

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

PASTA BOLOGNESE

Minced Beef
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Pasta Twists (**GLUTEN**)
Gluten Free Pasta
Garlic Bread (**GLUTEN**)
Gluten Free Garlic Bread

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL LAMB PASTA BOLOGNESE

Minced Halal Lamb
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Pasta Twists (**GLUTEN**)
Gluten Free Pasta
Garlic Bread (**GLUTEN**)
Gluten Free Garlic Bread

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGGIE PASTA BOLOGNESE

Quorn Mince
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Pasta Twists (**GLUTEN**)
Gluten Free Pasta
Garlic Bread (**GLUTEN**)
Gluten Free Garlic Bread

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CHOCOLATE BROWNIE

Chocolate Brownie Mix (GLUTEN & EGG)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

ROAST DINNER- GAMMON

Roast Gammon

Roast Potatoes

Gravy (**SULPHITES**)

Yorkshire Puddings (**EGG, MILK & GLUTEN**)

Gluten Free Yorkshire Pudding (**MILK & EGG**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGETABLE WELLINGTON

Puff Pastry (GLUTEN)

Leeks

Carrots

Broccoli

Breadcrumbs (GLUTEN)

Sage

Onion

Roast Potatoes

Gravy (SULPHITES)

Yorkshire Puddings (EGG, MILK & GLUTEN)

Gluten Free Yorkshire Puddings (EGG & MILK)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

LEMON DRIZZLE CAKE

Self_RaisingFlour (GLUTEN)

Kerrymaid Baking Blocks

Eggs (EGGS)

Caster Sugar

Lemon Juice

Fresh Lemons

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

PORK SAUSAGE PLAIT

Pork Sausage Meat (GLUTEN, SOYA & SULPHITES)

Puff Pastry (GLUTEN)

Baby Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy (SULPHITES)

Gluten Free Sausages

Gluten Free Pastry

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL LAMB PLAIT

Halal Lamb Mince
Onions
Puff Pastry (**GLUTEN**)
Baby Potatoes
Baby Carrots
Diced Swede
Sweetcorn
Seasoning
Oil
Gravy (**SULPHITES**)
Gluten Free Sausages
Gluten Free Pastry

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

CHEESE & ONION PASTIE

Cheese & Onion Bake (**GLUTEN & MILK**)

Baby Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy (**SULPHITES**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

APPLE CRUMBLE & CREAM

Plain Flour (**GLUTEN**)

Caster Sugar

Dairy Free Butter

Oats (**GLUTEN**)

Tinned Apples

Cinnamon

Cream (**MILK**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

BREADED CHICKEN FILLET BURGER

Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Herby Diced Potatoes

Homemade Slaw (Eggs)

Gluten Free Chicken Fillet

Gluten Free Bun

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL BREADED CHICKEN FILLET BURGER

Halal Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Herby Diced Potatoes

Homemade Slaw (Eggs)

Gluten Free Chicken Fillet

Gluten Free Bun

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALLOUMI & MUSHROOM BURGER

Fresh Grill Cheese (**MILK**)

Mushrooms

Garlic Granules

Vegetable Oil

Plain Buns (**GLUTEN**)

Herby Diced Potatoes

Homemade Slaw (**EGG**)

Gluten Free Bun

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

BLUEBERRY MUFFINS

Muffin Mix (GLUTEN, DAIRY & EGGS)

Blueberries

Cake Cases

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS & MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).