



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

JACKET POTATO DAY

Jacket Potatoes

Tuna (**FISH**)

Mayonnaise (**EGG**)

Baked Beans

Grated Cheese (**MILK**)

Homemade Slaw Coleslaw (**EGG & MUSTARD**)

Served with 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 Elbows (**GLUTEN**)

Salt

Pepper

Bechamel Cheese Sauce (**GLUTEN & MILK**)

Grated Cheddar Cheese (**MILK**)

Petit Pain (**GLUTEN**)

Served with 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

YOGURT BAR

Thick and Creamy Yogurts (**MILK**)

Summer Berries

Sultanas

Raisins (**SULPHUR DIOXIDE**)

Coco Pops (**GLUTEN**)

Cornflakes (**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 CHICKEN CURRY

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 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 VEGGIE CURRY

Cauliflower
Sweet Potato
Mushrooms
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red Lentils
Red Peppers
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

SUGAR RING DOUGHNUT

Ring Doughnuts Sugared (GLUTEN, MILK, EGGS & SOYA)

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)

Roast Chicken Breast

Seasoning

Roast Potatoes

Gravy (**SULPHITES**)

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

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

Mixed Vegetables

THE 14 ALLERGENS:

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YES CHEF
Catering Ltd

INGREDIENTS AND ALLERGENS

VEGETABLE CHEESE TRAY BAKE

Garlic
Onions
Potatoes
Sweet Potatoes
Leeks
Grated Carrot
Cheese (MILK)
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

YES CHEF APPLE CRUMBLE AND CREAM

Crumble Mix (**GLUTEN**)

Solid Pack Apples

Cinnamon

Cream (**MILK**)

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INGREDIENTS AND ALLERGENS

MEATBALLS IN TOMATO & OREGANO SAUCE

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Pepper

Carrots

Leeks

Stock (**SULPHITES**)

Pork Meatballs (**GLUTEN & SOYA**)

Gluten Free Pork Meatballs

Pasta Twists (**GLUTEN**)

Gluten Free Pasta

Garlic Bread (**GLUTEN**)

Gluten Free Garlic Bread

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

HALAL MEATBALLS IN TOMATO & OREGANO SAUCE

Diced Onions
Chopped Tomatoes
Garlic Granules
Mixed Herbs
Pepper
Carrots
Leeks
Stock (**SULPHITES**)
Halal Lamb Meatballs (**GLUTEN & SOYA**)
Halal Gluten Free Meatballs
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 MEATBALLS IN TOMATO & OREGANO SAUCE

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Pepper

Carrots

Leeks

Stock (**SULPHITES**)

Quorn Vegan Balls (**GLUTEN**)

Pasta Twists (**GLUTEN**)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

FRUIT PLATTERS

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

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INGREDIENTS AND ALLERGENS

PIZZA

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

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

Herby Diced Potatoes

Gluten Free Pizza (**MILK**)

MILK Free Pizza (**GLUTEN**)

Sweetcorn

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INGREDIENTS AND ALLERGENS

FLAPJACK

Oats (**GLUTEN**)
Dairy Free Butter
Granulated Sugar
Golden Syrup

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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

TOMATO AND BASIL PASTA

Diced Onions
Chopped Tomatoes
Fresh Basil
Leeks
Carrots
Garlic Granules
Mixed Oregano
Salt
Penne Pasta (**GLUTEN**)
Gluten Free Pasta
Garlic Bread (**GLUTEN**)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

GREEK SALAD

Sunflower or Rapeseed oil
Tomatoes
Cucumber
Peppers
Lemon Juice
Oregano

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

FRUIT LOLLY

Ice Lolly

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

PORK SAUSAGE PLAIT WITH ROASTED VEG

Pork Sausage Meat (**GLUTEN, SOYA & SULPHITES**)

Puff Pastry (**GLUTEN**)

Baby Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy (**SULPHITES**)

Gluten Free Sausages

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INGREDIENTS AND ALLERGENS

HALAL LAMB PLAIT & ROASTED VEG

Lamb Mince (GLUTEN, SOYA & SULPHITES)

Puff Pastry (GLUTEN)

Bread Crumbs (GLUTEN)

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

CHEESE AND ONION PASTRY BAKE

Cheese and Onion Slice (MILK, GLUTEN, MUSTARD & SOYA)

Baby Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gluten Free Cheese Slice (MILK)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

JAM SPONGE

Self Raising Flour (**GLUTEN**)

Dairy Free Butter

Sugar

Eggs (**EGG**)

Strawberry Jam (**SULPHUR DIOXIDE**)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

ROAST DINNER - PORK

Pork Loin

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:

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INGREDIENTS AND ALLERGENS

LEMON SHORTBREAD

Flour (**GLUTEN**)
Dairy Free butter
Sugar
Lemon Juice

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

MILD BEEF CHILLI

Beef Mince
Onions
Peppers
Crushed Chilli's
Haricot Beans
Chopped Tomatoes
Salt
Stock (**SULPHITES**)
Pepper
Basmati Rice
Nachos

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

MILD LAMB HALAL CHILLI

Halal Lamb Mince
Onions
Peppers
Crushed Chilli
Haricot Beans
Chopped Tomatoes
Salt
Pepper
Stock (**SULPHITES**)
Basmati Rice
Naan 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

BEAN CHILLI

Haricot Beans
Peppers
Chopped Tomatoes
Aubergines
Courgettes
Onions
Paprika
Chilli Flakes
Salt
Pepper
Stock (**SULPHITES**)
Basmati Rice
Nachos

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 CORNFLAKE CAKE

Cornflakes (**GLUTEN**)

Golden Syrup

Dairy Free Butter

Cocoa Powder

Brown Sugar

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

AMERICAN PORK HOT DOG

Pork Hotdogs
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 Hotdogs

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 Hotdogs (**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

FRUIT JELLY

Raspberry Jelly Crystals (GELATINE)
Strawberry Jelly Crystals (GELATINE)
Orange Jelly Crystals (GELATINE)
Fresh Fruit 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

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

BREADED COD & ROASTED NEW POTATOES

Breaded Cod (**FISH & GLUTEN**)

Roasted New Potatoes

Garden Peas

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 CAKE & ROASTED NEW POTATOES

Vegetable Cake (**GLUTEN & MILK**)

Roasted New Potatoes

Garden Peas

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

STRAWBERRY SWIRL MOUSSE

Strawberry & Vanilla Mousse (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

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

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

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**)

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 MUFFIN

Flour (GLUTEN & SOYA)

Eggs (EGG)

Oil

Butter (MILK)

Blueberries

Sugar

Baking Powder

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- TURKEY

Roast Turkey

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

WATERMELON

Watermelon

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 SAUSAGES AND CRUNCHY POTATOES

Pork Sausages (GLUTEN, SOYA & SULPHITES)

Potatoes

Oil

Seasoning

Gravy (SULPHITES)

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 CHICKEN SAUSAGES AND CRUNCHY POTATOES

Halal Chicken Sausages (GLUTEN, SOYA & SULPHITES)

Potatoes

Oil

Seasoning

Gravy (SULPHITES)

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 SAUSAGES AND CRUNCHY POTATOES

Quorn Vegan Sausages (**GLUTEN**)

Potatoes

Oil

Seasoning

Gravy (**SULPHITES**)

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

CHOCOLATE SPONGE AND CHOCOLATE SAUCE

Self Raising Flour (**GLUTEN**)

Eggs (**EGG**)

Granulated Sugar

Cocoa powder

Dairy Free Butter

Sauce:

Custard Mix (**MILK**)

Cocoa powder

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)

Hash Browns

Carrots

Baked Beans

Gluten Free Chicken Fillet

Gluten Free Bun

Penne Pasta

Gluten Free Pasta

Basil

Garlic

Oil

Sweetcorn

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**)

Hash Browns

Carrots

Baked Beans

Gluten Free Chicken Fillet

Gluten Free Bun

Penne Pasta (**GLUTEN**)

Gluten Free Pasta

Basil

Garlic

Oil

Sweetcorn

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 BURGER

Fresh Grill Cheese (**MILK**)

Garlic Granules

Vegetable Oil

Plain Buns (**GLUTEN**)

Penne Pasta (**GLUTEN**)

Gluten Free Pasta

Basil

Garlic

Oil

Sweetcorn

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 COOKIE

Plain Flour (**GLUTEN & SOYA**)

Eggs (**EGG**)

Dairy Free Butter

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

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)).