



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

BREADED COD & BABY JACKET POTATOES, PEAS

Breaded Cod (**FISH & GLUTEN**)

Baby Jacket Potato

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

HOT FALAFEL WRAP WITH GARLIC MAYO

Falafels

Tortilla Wrap (**GLUTEN**)

Mayonaise (**EGGS**)

Garlic Grannules

Baby Jacket Potato

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

WATERMELON SLICE

Watermelons

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THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

PASTA BOLOGNESE

Minced Beef
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Penne Pasta (**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
Penne Pasta (**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
Penne Pasta (**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

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

ROAST DINNER (CHICKEN)

Roast Chicken Breast

Seasoning

Roast Potatoes

Gravy

Yorkshire Puddings (GLUTEN, EGGS & MILK)

Gluten Free Yorkshire Puddings (EGG & MILK)

Mixed Vegetables



INGREDIENTS AND ALLERGENS

ROAST DINNER (HALAL CHICKEN)

Roast Halal Chicken Breast

Seasoning

Roast Potatoes

Gravy

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

STUFFED PEPPER

Peppers

Rice

Garlic Granules

Mushrooms

Seasoning

Roast Potatoes

Gravy

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

CHOCOLATE BROWNIE

Chocolate Brownie Mix (GLUTEN & EGG)

THE 14 ALLERGENS:

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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:

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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:

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INGREDIENTS AND ALLERGENS

SPICED APPLE FLAPJACK

Oats (**GLUTEN**)
Kerrymaid Baking Blocks
Golden Syrup
Tinned Apples
Cinnamon

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

AMERICAN PORK HOT DOG

Pork Hot dogs (CELERY)

Hotdog Roll (GLUTEN)

Gluten Free Roll

Double Crunch Seasoned Wedges

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

Double Crunch Seasoned Wedges

Baked Beans

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

VEGAN HOT DOG

Quorn Vegan Hot dogs (**GLUTEN**)

Hotdog Roll (**GLUTEN**)

Double Crunch Seasoned Wedges

Baked Beans

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INGREDIENTS AND ALLERGENS

JELLY

Raspberry Jelly Crystals
Strawberry Jelly Crystals
Orange Jelly Crystals

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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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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

ROASTED TOMATO & MEDITERRANEAN VEGETABLE PASTA

Tomatoes
Aubergines
Red Onion
Corgettes
Peppers
Chopped Tomatoes
Basil
Garlic Granules
Fusili Pasta (**GLUTEN**)
Free From Gluten Pasta

Garlic 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

FRUIT YOGURT

Strawberry Yogurt (DAIRY)

Raspeberry Yogury (DAIRY)

Peach & Passionfruit (DAIRY)

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

PORK SAUSAGES

Pork Sausages (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

HALAL CHICKEN SAUSAGES

Halal Chicken Sausages

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 SAUSAGES

Vegan Quorn Sausages (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

JAM SPONGE CAKE

Self Raising Flour (**GLUTEN**)

kerrymaid Baking Blocks

Granulated Sugar

Eggs (**EGG**)

Vanilla Essence

Jam

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)

Horseshoe Gammon

Seasoning

Roast Potatoes

Gravy

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

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

QUORN VEGETARIAN ROAST

Quorn Vegetarian Roast (EGG & MILK)

Roast Potatoes

Gravy

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

APPLE TOFFEE CRUMBLE & CREAM

Plain Flour (**GLUTEN**)

Caster Sugar

Dairy Free Butter

Oats (**GLUTEN**)

Tinned Apples

Cinnamon

Dark Brown Sugar

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

MILD BEEF CHILLI

Beef Mince
Diced Onions
Diced peppers
Paprika
Crushed Chillies
Fajita Seasoning
Chopped Tomatoes
Baked Beans
Seasoning
Gravy
Long Grain 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 HALAL LAMB CHILLI

Halal Lamb Mince
Diced Onions
Diced peppers
Paprika
Crushed Chillies
Fajita Seasoning
Chopped Tomatoes
Baked Beans
Seasoning
Gravy
Long Grain 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 VEGETABLE BEAN CHILLI

Barlotti Beans
Diced Onions
Diced peppers
Paprika
Crushed Chillies
Fajita Seasoning
Chopped Tomatoes
Baked Beans
Seasoning
Gravy
Long Grain 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 CAKE & CHOCOLATE SAUCE

Self Raising Flour (GLUTEN)

Dark Brown Sugar

Dairy Free Butter

Cocoa Powder

Caster Sugar

Baking Powder

Eggs (EGG)

Cusard Mix (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

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

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 SHORTBREAD

Flour (**GLUTEN**)

Dairy Free butter

Sugar

Lemon Juice

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

MOUSSE

G/F Strawberry Mousse (DAIRY)

G/F Chocolate Mousse (DAIRY)

G/F Banana Mousse (DAIRY)

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

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
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 PINWHEEL

Cheese (MILK)

Puff Pastry Sheets (GLUTEN)

Onions

Baby Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy

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

Cocoa Powder

Kerrymaid Baking Blocks

Golden Syrup

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

ROAST DINNER (PORK)

Roast Loin Pork

Seasoning

Roast Potatoes

Gravy

Stuffing (**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

ROAST DINNER - CHICKEN

Pork Chicken Breast

Roast Potatoes

Gravy

Stuffing (**GLUTEN**)

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

VEGETABLE WELLINGTON

Puff Pastry (GLUTEN)
Leeks
Carrots
Broccoli
Breadcrumbs (GLUTEN)
Sage
Onion
Roast Potatoes
Gravy
Stuffing (GLUTEN)
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

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

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

BATTERED CHICKEN FILLET BURGER

Battered Chicken Steak (GLUTEN, EGG, SOYA)

Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Skin on wedges

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 Battered Chicken Steak (GLUTEN, EGG, SOYA)

Halal Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Skin on wedges

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)

Skin on wedges

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

VANILLA COOKIE

Plain Flour (**GLUTEN**)

Baking Powder

Granulated 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

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)).