

# Lunch Menu Week Three Allergens

## Monday

Pork Sausage (**Gluten, Celery, Sulphites**) with Mashed Potatoes (**Milk**)

Quorn Sausage (**Egg, Gluten, Milk**) with Mashed Potatoes (**Milk**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Egg Mayo Sandwich on Brown Bread (**Egg, Milk, Mustard, Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or

Apple Crumble (**Gluten**) and Custard (**Milk, Egg**)

## Tuesday

Chicken Pasta Bake (**Gluten, Milk**)

Quorn Pasta Bake (**Gluten, Egg, Milk**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Ham Baguette (**Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or

Blueberry Muffin (**Gluten, Egg**)

## Wednesday

Roast Beef and Yorkshire Pudding (**Gluten, Egg, Milk**) with Roast and Mashed Potatoes (**Milk**) and Gravy (**Celery, Gluten, Soya**)

Or

Quorn Fillet (**Egg**) with Roast and Mashed Potatoes (**Milk**) and Gravy (**Celery, Gluten, Soya**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg**)

Cheese Sandwich (**Milk, Gluten**)

Fresh Fruit Platter

Yogurt (**Milk**) or

Shortbread (**Gluten, Egg**)

## Thursday

Chicken Nuggets (**Gluten**) with Potato Wedges (**Gluten**)

Veggie Nuggets (**Gluten**) with Potato Wedges (**Gluten**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Tuna Mayo on a Brown Roll (**Fish, Egg, Milk, Mustard, Gluten**)

Fresh Fruit Platter or

Cheese (**Milk**) and Crackers (**Gluten**)

## Friday

Fish and Chips (**Fish, Gluten, Egg, Milk**)

Cheese Flan with Chips (**Milk, Gluten, Egg**)

Jacket Potato with Cheese (**Milk**), Baked Beans or Tuna Mayo (**Fish, Egg, Milk, Mustard**)

Fresh Fruit Platter,

Yogurt (**Milk**) or

Iced Sponge (**Gluten, Milk, Egg**)

**Bread (Gluten), Seasonal Vegetables and a Salad Bar (Egg, Mustard & Milk in coleslaw) are available every day.**

**Thursday is Juice Free but on other days cordials are available (Sulphites)**