



Allergy Aware / Gluten Free / Halal / Vegan Lunch Menu

all Vegetarian choices are also suitable for Vegans

NAME

WARD

E = Easy Chew V = Vegetarian Ve = Vegan So = Soya
G = Gluten Free D = Suitable for those with Diabetes

This menu is free from all 14 common listed Allergens:-
Celery, Cereals containing gluten, Crustaceans, Eggs and
Fish, Lupin, Milk, Molluscs, Mustard & Nuts, Peanuts,
Sesame seeds, Soya & Sulphur dioxide.

- | | |
|--|--------|
| 1. <input type="checkbox"/> Orange Juice | GVDE |
| 2. <input type="checkbox"/> Apple Juice | GVDE |
| 3. <input type="checkbox"/> Lamb Casserole with Parmentier
Potato & Vegetables | GD |
| 4. <input type="checkbox"/> Chicken Casserole with Parmentier
Potatoes served with Cauliflower
& Green Beans | GD |
| 5. <input type="checkbox"/> | |
| 6. <input type="checkbox"/> Chilli Con Carne | GD |
| 7. <input type="checkbox"/> Beef Casserole with New Potatoes
& Vegetables | GD |
| 8. <input type="checkbox"/> | |
| 9. <input type="checkbox"/> | |
| 10. <input type="checkbox"/> Mediterranean Stew | GDVeV |
| 11. <input type="checkbox"/> Fruit Salad | GDVEVe |
| 12. <input type="checkbox"/> Fruit Jelly | GDE |
| 13. <input type="checkbox"/> Nairn's Gluten Free Oat Biscuit - <i>Evening Snack</i> | G |

Sandwiches suitable for Gluten Free Diets Only
- Please tick filling choice

- | | |
|--|-----|
| 14. <input type="checkbox"/> Ham | GD |
| 15. <input type="checkbox"/> Cheese/Vegan Cheese | GDV |
| 16. <input type="checkbox"/> Tuna & Cucumber | GD |

Puddings suitable for Gluten Free Diets Only

- | | |
|--|------|
| 17. <input type="checkbox"/> Rice Pudding | GDVE |
| 18. <input type="checkbox"/> Apple Crumble & Custard | GVE |
| 19. <input type="checkbox"/> | |
| 20. <input type="checkbox"/> | |
| 21. <input type="checkbox"/> Chocolate & Orange Torte (<i>contains soya</i>) | GESo |

Allergy Aware / Gluten Free / Halal / Vegan Supper Menu

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Celery, Cereals containing gluten, Crustaceans, Eggs and
Fish, Lupin, Milk, Molluscs, Mustard & Nuts, Peanuts,
Sesame seeds, Soya & Sulphur dioxide.

- | | |
|--|--------|
| 1. <input type="checkbox"/> Orange Juice | GVDE |
| 2. <input type="checkbox"/> Apple Juice | GVDE |
| 3. <input type="checkbox"/> Chicken Casserole with Parmentier
Potatoes served with Cauliflower
& Green Beans | GD |
| 4. <input type="checkbox"/> Savoury Minced Beef | GD |
| 5. <input type="checkbox"/> | |
| 6. <input type="checkbox"/> Mediterranean Stew | GDVeV |
| 7. <input type="checkbox"/> | GDVeV |
| 8. <input type="checkbox"/> | |
| 9. <input type="checkbox"/> Harvester Casserole with Roast
Potatoes, Sweetcorn &
Roasted Vegetables | GDVeV |
| 11. <input type="checkbox"/> Fruit Salad | GDVEVe |
| 12. <input type="checkbox"/> Fruit Jelly | GDE |
| 13. <input type="checkbox"/> Fresh Apple - <i>Evening Snack</i> | |
| 14. <input type="checkbox"/> Fresh Banana - <i>Evening Snack</i> | |

Sandwiches suitable for Gluten Free Diets Only
- Please tick filling choice

- | | |
|--|-----|
| 15. <input type="checkbox"/> Ham | GD |
| 16. <input type="checkbox"/> Cheese/Vegan Cheese | GDV |
| 17. <input type="checkbox"/> Tuna & Cucumber | GD |

Puddings suitable for Gluten Free Diets Only

- | | |
|--|------|
| 18. <input type="checkbox"/> Rice Pudding | GDVE |
| 19. <input type="checkbox"/> Apple Crumble & Custard | GVE |
| 20. <input type="checkbox"/> | |
| 21. <input type="checkbox"/> Chocolate & Orange Torte (<i>contains soya</i>) | GESo |
| 22. <input type="checkbox"/> | |

**Please advise the Catering team of your
allergies by ticking the relevant boxes;**

- | | | |
|---|-----------------------------------|---|
| <input type="checkbox"/> Celery | <input type="checkbox"/> Lupin | <input type="checkbox"/> Peanuts |
| <input type="checkbox"/> Cereals containing
Gluten | <input type="checkbox"/> Milk | <input type="checkbox"/> Sesame
Seeds |
| <input type="checkbox"/> Crustaceans | <input type="checkbox"/> Molluscs | <input type="checkbox"/> Soya |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Mustard | <input type="checkbox"/> Sulphur
Dioxide |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Nuts | |

For Ward Use Only ☐ Assistance Required ☐ Green Tray

☐ Tick here to see a member of the Catering Team

**Please advise the Catering team of your
allergies by ticking the relevant boxes;**

- | | | |
|---|-----------------------------------|---|
| <input type="checkbox"/> Celery | <input type="checkbox"/> Lupin | <input type="checkbox"/> Peanuts |
| <input type="checkbox"/> Cereals containing
Gluten | <input type="checkbox"/> Milk | <input type="checkbox"/> Sesame
Seeds |
| <input type="checkbox"/> Crustaceans | <input type="checkbox"/> Molluscs | <input type="checkbox"/> Soya |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Mustard | <input type="checkbox"/> Sulphur
Dioxide |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Nuts | |

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