



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

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

- | | |
|--|-----|
| 14. ☐ Ham | GD |
| 15. ☐ Cheese/Vegan Cheese | GDV |
| 16. ☐ Tuna & Cucumber | GD |

Puddings suitable for Gluten Free Diets Only

- | | |
|--|------|
| 17. ☐ Rice Pudding | GDVE |
| 18. ☐ Apple Crumble & Custard | GVE |
| 19. ☐ Chocolate Mousse | GVE |
| 20. ☐ Oat Milk Rice Pudding | GDVE |
| 21. ☐ Chocolate & Orange Torte (<i>contains soya</i>) | GESo |

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

- | | | |
|---|-----------------------------------|---|
| ☐ Celery | ☐ Lupin | ☐ Peanuts |
| ☐ Cereals containing
Gluten | ☐ Milk | ☐ Sesame
Seeds |
| ☐ Crustaceans | ☐ Molluscs | ☐ Soya |
| ☐ Eggs | ☐ Mustard | ☐ Sulphur
Dioxide |
| ☐ Fish | ☐ Nuts | |

For Ward Use Only ☐ Assistance Required ☐ Green Tray

☐ Tick here to see a member of the Catering Team

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Sesame seeds, Soya & Sulphur dioxide.

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

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- Please tick filling choice

- | | |
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| 16. ☐ Cheese/Vegan Cheese | GDV |
| 17. ☐ Tuna & Cucumber | GD |

Puddings suitable for Gluten Free Diets Only

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|--|------|
| 18. ☐ Rice Pudding | GDVE |
| 19. ☐ Apple Crumble & Custard | GVE |
| 20. ☐ Chocolate Mousse | GVE |
| 21. ☐ Chocolate & Orange Torte (<i>contains soya</i>) | GESo |
| 22. ☐ Oat Milk Rice Pudding | GDVE |

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Seeds |
| ☐ Crustaceans | ☐ Molluscs | ☐ Soya |
| ☐ Eggs | ☐ Mustard | ☐ Sulphur
Dioxide |
| ☐ Fish | ☐ Nuts | |

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