

Allergy Aware Menu

Gluten Free / Halal / Vegan

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.

Please advise the Catering Team of your allergy requirements



Celery



Lupin



Peanuts



Cereals containing
Gluten



Milk



Sesame Seeds



Crustaceans



Molluscs



Soya



Eggs



Mustard



Sulphur Dioxide



Fish



Nuts

Codes for better meal choice

E = Easy Chew **V** = Vegetarian **So** = Soya

G = Gluten Free **D** = Suitable for those with Diabetes

*Fresh, Local,
Nutritious*
Supporting local food,
freshly prepared



To see a member of the Catering Team please ask.

45

Lunch

Orange Juice	GVDE
Apple Juice	GVDE
Lamb Casserole with Parmentier Potato & Vegetables	GD
Chicken Casserole with Parmentier Potatoes served with Cauliflower & Green Beans	GD
Chilli Con Carne	GD
Beef Casserole with New Potatoes & Vegetables	GD
Mediterranean Stew	GDVeV
Banana	GDVEVe
Fruit Jelly	GDE
Nairn's Gluten Free Oat Biscuit - <i>Evening Snack</i>	G
Sandwiches suitable for Gluten Free Diets Only - Please tick filling choice	
Ham	GD
Cheese/Vegan Cheese	GDV
Tuna & Cucumber	GD
Puddings suitable for Gluten Free Diets Only	
Fruit Yoghurt	GDVE
Stewed Apple & Custard	GVE
Chocolate & Orange Torte (contains soya)	GESo

Supper

Orange Juice	GVDE
Apple Juice	GVDE
Chicken Casserole with Parmentier Potatoes served with Cauliflower & Green Beans	GD
Savoury Minced Beef	GD
Mediterranean Stew	GDVeV
Harvester Casserole with Roast Potatoes, Sweetcorn & Roasted Vegetables	GDVeV
Fruit Jelly	GDE
Fresh Apple - <i>Evening Snack</i>	
Fresh Banana - <i>Evening Snack</i>	
Sandwiches suitable for Gluten Free Diets Only - Please tick filling choice	
Ham	GD
Cheese/Vegan Cheese	GDV
Tuna & Cucumber	GD
Puddings suitable for Gluten Free Diets Only	
Fruit Yoghurt	GDVE
Stewed Apple & Custard	GVE
Chocolate & Orange Torte (contains soya)	GESo