



ALLERGEN SHEET

MENU 3

AUTUMN 2026

MONDAY

MEAL NAME	ALLERGENS
Classic tomato and basil pasta with cheese	Gluten/wheat, Dairy
Fiesta beanie chilli with a tortilla wrap	Gluten/wheat
Jacket potato with baked beans	-
Egg Mayonnaise roll	Gluten/wheat, Egg
Yoghurt and granola	Dairy in yoghurt, gluten/wheat in granola

TUESDAY

Butchers' Pork sausage	Gluten/wheat, sulphites
Floured roll	Gluten/wheat
Quorn burger (Power burger)	Gluten/wheat/Barley, Dairy, Egg
Jacket potato with cheese	Dairy
Mediterranean Vegetable turnover	Gluten/Wheat
Courgette and Lime cake	Gluten/wheat, Egg

WEDNESDAY

Roast turkey breast in gravy	-
Roast potatoes	Gluten/Wheat
Root roasties frittata	Dairy, Egg
Jacket potato with cheese	Dairy
Chicken roll	Gluten/Wheat
Yoghurt	Dairy

THURSDAY

Chicken and chickpea curry	-
Rice	-
Cauliflower Macaroni cheese	Gluten/ Wheat, Dairy
Jacket potato with beans	-
Soft cheese and cucumber roll	Gluten/ Wheat, Dairy
Chocolate cake	Gluten/wheat, Egg

FRIDAY

Salmon fish cakes	Gluten/Wheat, Fish
Oven baked wedges	-
Cheese and tomato pizza slice (Margherita pizza slice)	Gluten/wheat, Dairy
Jacket potato with beans	-
Cheese and ham topped muffin pizza	Gluten/Wheat, Dairy
Fruit	-