

Monday's Choices																					
A Green box indicates NO Allergens																					
Dishes	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Thin & Crispy Cheese and Tomato Pizza code 22231	✓	✓						✓													
Cheese & Tomato Pizza Slab code 41902	✓	✓						✓													
Baked Beans code 3334																					
Baked Beanscode 29305																					
Baked Beans RSS code 30396																					
Coleslaw Mix code 85559									✓					✓							May contain celery
Potato Wedges (frozen) code 71249																					
Mayonnaise 5Lt code									✓												
Mayonnaise 1lt code 29589									✓												
Deep Pan Cheese & Tomato Pizza code 22229	✓	✓						✓													
BBQ Texas Pizza Slab	✓	✓						✓													
Texas BBQ, & Cheese Deep Pan Pizza	✓	✓						✓													
BBQ Sauce code 04703																					
Homemade BBQ Sauce																					
Cheese and Tomato Tortilla Stack	✓	✓						✓													
Potato Wedges (frozen) code 71249																					
Baked Beans code 3334																					
Baked beans code 29305																					

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Tuesday's Choices

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[illegible]

Frozen Sausage Roll 4" code 61362	✓	✓		✓				✓	✓					✓						May contain barley,oats,egg,milk,mustard
Cheese & Onion Sausage Roll code 12643	✓	✓						✓												
Homemade																				
Puff Pastry code 60750	✓	✓																		
Homemade Shortcrust Pastry	✓	✓																		
Homemade Gluten(Egg/Milk) Free Sausage Roll	✓	✓																		
Homemade Sausage Roll	✓	✓											✓				✓			Puff Pastry code 60750
Homemade Quorn Sausage Roll	✓	✓																		Puff Pastry code 60750, contains pea protein
Homemade Meatless Sausage Roll	✓	✓											✓							Puff Pastry code 60750
Fresh Peeled Potatoes 5kg code 25017																	✓			
Fresh peeled Potatoes 2.5kg code 47599														✓						May conatin celery
NEW - Frozen Mashed Potato code 1485								✓												
Homemade Mash (using milk free margaine)														✓						May contain celery
Homemade Mash code 25017 (using milk free margaine)								✓									✓			
Homemade Mash code 47599 (using milk free margaine)								✓						✓						May contain celery
Baked Beans code 3334																				
Baked Beans RSS code 30396																				
Baked beans code 29305																				
Peas code 82829																				
Pork Butchers Sausage	✓	✓												✓				✓		
Gluten/Egg/Milk Free Sausage																				
Meat Free Sausages 70195														✓						contains pea protein
Quorn Sausage code 50015	✓	✓																		contains pea protein
Frozen Mashed Potato code 1485								✓												
Fresh Peeled Potatoes 5kg code 25017																	✓			
Fresh peeled Potatoes 2.5kg code 47599														✓						May conatin celery
Homemade Mash (using milk free margaine)														✓						May contain celery
Homemade Mash code 25017 (using milk free margaine)								✓									✓			
Homemade Mash code 47599 (using milk free margaine)								✓						✓						May contain celery
Baked Beans code 3334																				
Baked beans code 29305																				
Baked Beans RSS code 30396																				
Peas code 82829																				
Bisto Gravy code 86045																				

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Wednesday Choices

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Fresh Peeled Potatoes 5kg code 25017																	✓				
Fresh peeled Potatoes 2.5kg code 47599														✓							
Homemade Mash code 25017 (using milk free margaine)								✓									✓				
Homemade Mash code 47599 (using milk free margaine)								✓						✓							
Homemade Mash (using milk free margaine)														✓							
NEW - Frozen Mashed Potato code 1485								✓													
Homemade Mash (using milk) code 25017								✓									✓				
Homemade Mash (using milk) code 47599								✓						✓							
Homemade Mash (using milk free margaine)														✓							
NEW - Frozen Mashed Potato code 1485								✓													
Homemade Mash (using milk)								✓						✓							
Carrots Baton code 74960														✓							
Broccoli code 4386																					
Katsu Chicken Style Curry																					
Quorn code 5776 Katsu Style Curry									✓												
Sweet Potato & Chickpea Curry																					
Vegetable & Lentil Curry																					
Naan Bread code 61489	✓	✓																			
Green Beans code 4381																					
Rice - Tilda Rice code 22637																					

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Thursday's Choices

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Peas code 82829																					
Macaroni Cheese Sauce								✓							✓						
Macaroni Pasta code 70488	✓	✓																			
Gluten Free Pasta code 30175																					
Crusty Bread (Baguette 10" code 20106)	✓	✓														✓					May contain sesame
Crusty Bread (Malted Wheat Baguette 10" code 18323)	✓	✓	✓													✓					May contain sesame
Bread (Baguette 7.5" code 73204)	✓	✓														✓					May contain sesame
Broccoli code 4386																					
Green Beans code 4381																					
Peas code 82829																					
Beef Bolognese Sauce																					
Quorn Mince code 14294 Bolognese			✓						✓												contains pea fibre
Meat Free Mince code 45738 Bolognese													✓								
Tomato & Lentil Sauce																					
Penne Pasta 70490	✓	✓																			
Fusilli Pasta code 70486	✓	✓																			
Wholemeal Fusilli code 29580	✓	✓																			
Gluten Free Pasta code 30175																					
Crusty Bread (Baguette 10" code 20106)	✓	✓														✓					May contain sesame
Crusty Bread (Malted Wheat Baguette 10" code 18323)	✓	✓	✓													✓					May contain sesame
Bread (Baguette 7.5" code 73204)	✓	✓														✓					May contain sesame
Broccoli code 4386																					
Green Beans code 4381																					
Peas code 82829																					

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Thursday's Pasta & Hot Deli Choice

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Dishes	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Hot Cheese & Ham (10" Tortilla)Wrap 7059	✓	✓						✓									✓				
Pizza Baguette using 7.5" baguette code 73204	✓	✓						✓								✓					May contain Sesame
Cheese & Bean (10" Tortilla)Wrap 7059	✓	✓						✓													
Tuna Pasta Bake (White sauce version)	✓	✓						✓		✓											
Tuna Pasta Bake (tomato version)	✓	✓						✓		✓											
Tomato & Basil Pasta (Penne)	✓	✓																			contains legumes
Cheesy Bean Pasta	✓	✓						✓													
Cheese & Tomato Pasta	✓	✓						✓													
Tomato & Mascarpone Pasta	✓	✓						✓													
Penne Pasta 70490	✓	✓																			
Fusilli Pasta code 70486	✓	✓																			
Wholemeal Fusilli code 29580	✓	✓																			
Gluten Free Pasta code 30175																					
Mixed Salad																					
Carrot code 74960 & Cucumber Sticks														✓							Carrots may contain celery

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Friday Choices

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Dishes	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Breaded Fishcake 57g 00262	✓	✓								✓											
Breaded Fish Fingers (x3) code 7397	✓	✓								✓											
Breaded Pollack code 61215	✓	✓	✓							✓											May contain barley
Battered Pollack code 61214	✓	✓	✓							✓											May contain barley
G/F Breaded Fishcakes code 55093										✓											
Salmon Fish Fingers 4379	✓	✓								✓											
Vegetable Fingers code code 61373S	✓	✓																			Contain peas
Baked Beans code 3334																					
Baked beans code 29305																					
Peas code 82829																					
Mushy Peas code 2004																					
French Fries code 19229																					
Chips Medium 19246																					
Cheese & Onion Roll code 12643	✓	✓						✓													
Baked Beans code 3334																					
Baked beans code 29305																					
Peas code 82829																					
Mushy Peas code 2004																					
French Fries code 19229																					
Chips Medium 19246																					

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Additional Daily Choices
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Turkey																					
Morning Break																					
100% Apple/Orange Juice 80690/80691																					
Crumpet with Spread 14154	✓	✓						✓						✓							May contain soya & milk
Plain Bagel 43453	✓	✓	✓														✓				May contain sesame
Tea cake 5" code 2034	✓	✓															✓				May contain sesame
Bacon Sandwich code code 11653	✓	✓	✓											✓							May contain barley
Toast codes 11653/11655	✓	✓	✓											✓							May contain barley
Soft margarine code 01093																					Milk Free margarine

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Desserts

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Dishes	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Mondays - 50% Fruit Day																					
All baking uses milk free margarine code 34587																					
Caramel Crispy Bar	✓		✓					✓					✓								May contain milk & soya
Fruit Crumble Slice - Apple	✓	✓		✓																	
Fruit Crumble Slice - Cherry Pie Filling	✓	✓		✓																	
Toffee Cake	✓	✓							✓												
Sticky Flapjack	✓	✓	✓	✓																	May contain Barley & Wheat
Vanilla Ice Cream code 4531								✓													
Complete Custard mix code 8883	✓	✓						✓	✓				✓								May contain Gluten,egg & soya
See Full List of Fruits for Desserts see list Below																					
Tuesdays																					
Carrot Cake Cookie	✓	✓		✓					✓												
Shortbread (Roll Out)	✓	✓																			
Butterscotch Biscuit	✓	✓						✓	✓				✓								May contain milk & soya
Jelly - Wibble code 18688 or 18693																					
Golden Crunch Cookie (-25% sugar)	✓	✓																			
Wednesdays - Sugar Swap Day + 50% Fruit Day																					
Chocolate Crispy Cake (-25% sugar) code 11810	✓		✓					✓					✓								May contain milk & soya
Chocolate Crunch(-25% sugar)	✓	✓																			
Chocolate Mudslide Cookie	✓	✓																			
Chocolate Cookie (-25% sugar)	✓	✓																			
Wacky Chocolate Cake	✓	✓																			
Chocolate Muffin	✓	✓																			
Thursdays																					
Fresh Fruit Platter																					
Fruit Salad																					
Watermelon																					
Melon Medley																					
Cheese slice code 5078								✓													
Vegan cheese code 80540				✓																	
Cheese Crackers code 8242	✓	✓	✓					✓													May contain Barley & Milk
Cheese Crackers code 12495	✓	✓																			
Apple & Grape Pot																					
Fridays																					
Rice Crispy Cookie	✓	✓	✓					✓					✓								May contain milk & soya

Snickerdoodle Biscuit	✓	✓																		
Nobbie	✓	✓	✓	✓																May contain Barley & Wheat
Ginger Biscuit (-25% sugar)	✓	✓																		
Melting Moment (-25% sugar)	✓	✓		✓																May contain Barley & Wheat
Yoghurts																				
Strawberry Yoghurt - Bulk code 14469								✓												
Strawberry Yoghurt (Muller) code 21983								✓												
Natural Yoghurt code 10467								✓												
Alpro Soya Dairy Free Yoghurt code 80715													✓							May contain : Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Treenuts, Pecan Nut, Pistachio and Walnut
Pie Fillings																				
Red Chery Pie Filling code 11967																				
Tinned Fruits																				
Solid Pack Apple code10451																				
Pineapple in juice code 2565																				
Peaches in juice code 45774																				
Mandarins in juice code4078																				
Fresh Fruit used for Platters and Fruit Salad																				
Apple																				
Orange																				
Banana																				
All Grapes																				
All Melon																				
Blueberries																				
Srawberries																				
Pineapple																				
Kiwi																				

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Residential Products

Dishes	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Morning Products																					
Apple Juice code 46877																					
Orange Juice code 55032																					
Cornflakes code 11671	✓	✓	✓																		
G/F Cornflakes code 71840																					
Rice Krispies code11810	✓		✓					✓					✓								May contain Milk or Soya
Weetabix code 88087	✓	✓	✓																		
Crossiant code 1169	✓	✓						✓	✓			✓	✓								May contain egg or Soya, All Tree Nuts
Pain au Chocolate code 7534	✓	✓						✓	✓			✓	✓								May contain egg or Soya, All Tree Nuts
White Thick Sliced Bread code	✓	✓	✓										✓								May contain barley
Wholemeal Thick Sliced Bread	✓	✓	✓										✓								May contain barley
Jam Portions code 4316																					
Butter Portions code 8332								✓													
Margarine Portions code 58381																					
Milk code 6149								✓													
Pork Butchers Sausage	✓	✓												✓			✓				
Gluten/Egg/Milk Free Sausage																					
Meat Free Sausages 70195														✓							contains pea protein
Quorn Sausage code 50015	✓	✓																			contains pea protein
Hash Browns 29867																					
Baked beans code 29305																					
Baked Beans code 3334																					
Baked Beans RSS code 30396																					
Bacon																	✓				
Lunch																					
Sandwiches please see Additional Choices																					
Walkers Crisps code 81149	✓	✓	✓					✓					✓	✓	✓						May contain wheat, gluten, barley, soya,celery & mustard
Seabrook Crisps code 35797																					
Mini Biscuits code 20028	✓	✓		✓				✓	✓				✓			✓					May contain egg, soya,sesame
Crawfood Biscuits code 22768	✓	✓	✓	✓	✓			✓					✓			✓					May contain rye, soya,sesame
Big Biscuit Box code 40188	✓	✓	✓	✓				✓			✓	✓	✓								May contain peanuts all nuts & soya
Sausage Roll 6" code 50462	✓	✓		✓				✓	✓						✓						May contain barley,oats,egg,milk,mustard
Frozen Sausage Roll 4" code 6136	✓	✓		✓				✓	✓						✓						May contain barley,oats,egg,milk,mustard
Carrot code 74960 & Cucumber Sticks														✓							Carrots may contain celery
Evening Meal																					
Mild Chicken Curry code 40064																					contains coconut milk
Quorn Mild Curry code 40064									✓												contains coconut milk
Sweet Potato & Chickpea Curry																					contains Legumes & coconut milk
Vegetable & Lentil Curry																					contains Legumes & coconut milk
Rice - Tilda Rice code 22637																					
Naan Bread code 61489	✓	✓																			
Indian Snack code 30121	✓	✓											✓								Please read the pack for individual allergies per different product - Veg Samsoa contain soya

[illegible]