Recipe							All	ergens						
	*	学		0	Q ×	G G					V.			SO2
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame		Sulphur D02/Sulphites
Mash Pot SEC (189 kcal,791 kJ)														
SAUSAGE PORK (236 kcal,987 kJ)		√ Wheat											>	✓
Yellow Vegetable Curry (249 kcal,1042 kJ)														

Allergen and Nutrition Advice:

- ullet Ingredients highlighted in bold or annotated with $\displaystyle ullet$ are allergens that are present in this product
- MC = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen

Adults need around 2000 kcal a day

Recipe							All	ergens					
	*	学		0	Q	S			E A A				SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Rice 1/2 Wholegrain (229 kcal,958 kJ)													
Salad Sweetcorn (64 kcal,268 kJ)													

Allergen and Nutrition Advice:

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 03/11/2025 99:13

Recipe							All	ergens						
	*	彩		0	Q	99			T. NO.		1			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jerk Chicken Burger (284 kcal,1188 kJ)		√ Wheat		√								мс		
Blackeyed Bean Burger (259 kcal,1084 kJ)		√ Wheat										мс		

Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 04/11/2025 08:25

Recipe							All	ergens						
	4	学		0	(Q)	99			E NO STATE OF THE		V (S)			SO ₂
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Garlic and Herb Wedges Half Portion (87 kcal,364 kJ)														

Allergen and Nutrition Advice:

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Adults need around 2000 kcal a day

Recipe							All	ergens					
	*			0	Q ×	99			The state of the s		1		SO ₂
		Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Roast Pork Loin - 'Sauce and Stuffing' (193 kcal,808 kJ)		√ Wheat											
Gravy (10 kcal,42 kJ)													
Roast Potatoes (125 kcal,523 kJ)													
Quorn Roast Sec (61 kcal,255 kJ)				√			√						

Allergen and Nutrition Advice:

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Adults need around 2000 kcal a day

Recipe							All	ergens						
		***		0	Q	99			T. No.		100			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chilli Con Carne (130 kcal,544 kJ)														
Open Cajun Vegetable Fajita (521 kcal,2180 kJ)		√ Wheat												

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- Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 06/11/2025 08:30

Recipe						Alle	ergens					
,	**		0	Q	60			T. No.		V (S)		<u>SO</u> 2
	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Rice 1/2 Wholegrain (229 kcal,958 kJ)												
Garlic and Herb Wedges Half Portion (87 kcal,364 kJ)												
Salad Sweetcorn (64 kcal,268 kJ)												

Allergen and Nutrition Advice:

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- Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 06/11/2025 08:30

Recipe							Alle	ergens						
		彩		0	Q	99			E A A A A A A A A A A A A A A A A A A A		1			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame		Sulphur D02/Sulphites
Southern Fried Chicken Goujon (231 kcal,967 kJ)	√	√ Wheat												
BBQ Quorn Bites (146 kcal,611 kJ)		√ Wheat											√	

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Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 07/11/2025 9:10

Recipe							All	ergens					
	*	***		0	Q ×	Go.			1 1 1 1 1 1 1 1 1 1				SOL
		Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Chips (173 kcal,724 kJ)													
Baked Beans (57 kcal,238 kJ)													
Peas (54 kcal,226 kJ)													

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 07/11/2025 99:10