

Allergy Information

Week A

Monday	Tacos with Pulled Pork Gluten, Wheat	Tacos Pulled pork
	Butter Chicken Curry served with Rice Gluten, Wheat, Milk, Barley, Soya, Mustard	Chicken Wheat (Gluten) Rice
	Quorn Curry with Rice Gluten, Wheat, Milk, Barley, Soya	Quorn Wheat (Gluten) Rice
Tuesday	Sausages served with Mashed Potatoes, Baked Beans Wheat, Gluten, Sulphites, Milk, Barley, Soya may contain Mustard	Sausages Onions Gravy Mashed Potatoes Baked Beans
	Spaghetti Bolognese Wheat, Gluten, Barley, Soya may contain Mustard	Minced beef Tomato & basil sauce Chopped tomatoes Garlic Spaghetti
	Vegetarian Bolognese Wheat, Gluten, Barley, Soya may contain Mustard	Spaghetti Tomato & basil sauce Chopped tomatoes Garlic Mixed Vegetables
Wednesday	Chicken Burger served with Wedges & Salad Wheat, Gluten may contain Sesame, Mustard & Soya	Chicken Burger Bun Salad - none Potato Wedges
	Spicy Bean Burger served with Wedges & Salad Wheat, Gluten, Metabisulphite, Milk may contain Sesame	Spicy Bean Burger Bun Salad - none Potato Wedges
	Vegetarian Curry & Rice Milk	Vegetables Tomato & basil sauce Rice
Thursday	Chicken Fajita served with Salad & Mayo	Chicken Strips Fajita Seasoning Tortilla Mayonnaise Salad - none
	Vegetarian Chicken Fajita served with Salad	Quorn Chicken Fajita Seasoning Tortilla Salad - none

	Vegetarian Basilico Pasta Wheat, Gluten,	Pasta Tomato Sauce
Friday	Vegan Fishless Fingers served with Chips & Peas Wheat, Gluten,	Fishless Fingers Chips Peas Curry sauce
	Chicken Bacon Pasta Milk, Wheat (Gluten)	Chicken Bacon Pasta Cream Sauce
	Fish Goujons & Chips with Peas or Beans Fish, Gluten, Wheat	Fish Goujons Chips Peas Curry sauce

Please note on occasions, menus may be subject to change.

FOOD ALLERGY WARNING

PLEASE BE ADVISED DESPITE OUR BEST EFFORTS WE CANNOT GUARANTEE THAT OUR FOOD IS FREE FROM THE FOLLOWING ALLERGENS: CELERY, CEREALS (GLUTEN), CRUSTACEANS, EGGS, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA AND SULPHUR DIOXIDE (SULPHITES)

Allergy Information

Week B

Monday	Chicken Goujons, Chips & Beans Gluten, Egg	Chicken Goujons Chips Beans
	Cheese Pie served with Roast Potatoes & Baked Beans Wheat, Gluten, Milk may contain Lupin, Mustard, Soya	Pastry Milk Cheese Roast Potatoes Baked beans
	Pasta Bake with Garlic Bread Wheat, Gluten, Milk, Mustard may contain Soya	Vegetables Tomato & basil sauce Pasta Cheese Garlic bread slice -
Tuesday	Lasagne, Garlic Bread & Salad Wheat, Gluten, Milk, Mustard may contain Soya	Minced beef Onions Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad - none
	Quorn Vegetarian Lasagne, Garlic Bread & Salad Wheat, Gluten, Mustard, Milk may contain Soya	Mixed vegetables Quorn Tomato & basil sauce Lasagne sheets Cheese sauce Cheese Garlic bread slice Salad - none
	Chicken Jalfrezi & Rice None	Chicken Jalfrezi sauce Rice
Wednesday	Meat Free Burrito served with Nachos & Salad Wheat, Gluten, Milk	Tortilla Quorn Mince Diced Peppers Diced Onions Kidney Beans Cajan Seasoning Pepper
	Peri Peri Chicken served with Rice None	Chicken Tomato Puree Rice Diced Peppers Oli Peri Peri Seasoning Diced Onions Chicken Stock Peas Pepper

	Pomodoro Tomato sauce & Pasta Wheat, Gluten, Milk, Mustard may contain Soya, Milk	Vegetables Tomato & basil sauce Cheese
Thursday	Cottage Pie served with Vegetables & Gravy Wheat, Gluten, Barley, Soya, Milk	Minced beef Onions Gravy Mashed Potatoes Vegetables
	Vegetarian Cottage Pie served with Vegetables & Gravy Wheat, Gluten, Barley, Soya, Milk	Onions Gravy Mashed Potato Vegetables
	Rogan Josh Chicken Curry & Rice None	Chicken Rogan Josh sauce Rice
Friday	Fish Goujons & Chips with Peas or Beans Fish, Gluten, Wheat	Fish Goujons Chips Peas or Baked Beans
	Vegan Fishless Fingers & Chips with Peas or Beans Wheat, Gluten	Vegan Fishless fingers Chips Peas or baked peas
	Pasta & Meatballs Wheat, Gluten, may contain Mustard, Egg, Soya	Pasta Meatballs Tomato & basil sauce
	Pasta & Basilico Pasta Wheat, Gluten, may contain Mustard, Egg, Soya	Vegetables Tomato & basil sauce Pasta

Please note on occasions, menus may be subject to change.

FOOD ALLERGY WARNING

PLEASE BE ADVISED DESPITE OUR BEST EFFORTS WE CANNOT GUARANTEE THAT OUR FOOD IS FREE FROM THE FOLLOWING ALLERGENS: CELERY, CEREALS (GLUTEN), CRUSTACEANS, EGGS, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA AND SULPHUR DIOXIDE (SULPHITES)

Allergy Information

<u>Lunchtime Extras</u>	<u>Morning Menu</u>
* Allergens are found on the labels	
*Sandwiches from £1.95	Buttered Bagels - free to all pupils between 8am - 8.25 each day
*Baguettes from £2.10	Wheat, gluten, soya barley, rye may contain sesame
*Salad box with filings £2.10	
Panini's - Cheese & tomato £2.02 Wheat, gluten, milk may contain sesame	Toast (per slice) 29p Wheat, gluten, soya may contain barley, rye
Panini's - Cheese & ham £2.02 Wheat, gluten, milk may contain sesame	Sausage Petit Pan 92p Wheat, gluten, sulphites may contain barley, sesame
Enchiladas with salad £2.02 Wheat, gluten, milk	Bacon Petit Pan 92p Wheat, gluten may contain barley, sesame
Main Meal only £2.10 From Menu A or B	Croissants 99p Wheat, gluten, egg, milk may contain sulphite
Meal Deal option £2.20 Includes any main meal, sandwich or jacket potato & 1 dessert item	Pain au chocolate 99p Wheat, gluten, egg, milk may contain sesame
<i>Please note the meal deal does not include water; however, drinking water is available to all students from the water fountains.</i>	Pancakes x 2 85p Wheat, gluten, egg, milk
<i>We recommend you bring refillable water bottles for throughout the day.</i>	Hash browns x 1 (break only) 29p None
	Hash browns x 3 (break only) 82p None
	Beans on Toast 85p Wheat, gluten, soya may contain barley, rye
	Scrambled Egg on Toast 95p Wheat, gluten, soya may contain barley, rye, eggs, milk

	<u>Beverages</u>
	Bottled Water 500ml 85p
	None
	Milk Cartons 72p
	Milk
<u>Grab & Go Options</u>	<u>Desserts/Biscuits/Muffins</u>
One item will be served each day along with the main meal options priced at £1.07 each	Ice cream/Jelly/Yoghurt 78p Milk, gluten may contain soya
Cheese & Tomato Pizza Wheat, gluten, milk	Refer to daily menu for the following allergens
Sausage Roll Wheat, gluten, metabisulphite, milk, soya	Pudding with custard 99p
Vegetable Pasty Wheat, gluten, milk	Biscuits from 57p
Soup & Roll Wheat, gluten, barley may contain egg, mustard, soya, sesame	Flapjack 78p
	Fresh Fruit – None 64p
	Fruit salad pot -None 99p

Please note on occasions, menus may be subject to change.

FOOD ALLERGY WARNING

PLEASE BE ADVISED DESPITE OUR BEST EFFORTS WE CANNOT GUARANTEE THAT OUR FOOD IS FREE FROM THE FOLLOWING ALLERGENS: CELERY, CEREALS (GLUTEN), CRUSTACEANS, EGGS, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA AND SULPHUR DIOXIDE (SULPHITES)