

## Allergy Information

### Week A

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

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

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### Week B

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

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

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### Lunchtime Extras

\* **Allergens are found on the labels**

\*Sandwiches from £1.95

\*Baguettes from £2.10

\*Salad box with fillings £2.10

**Panini's - Cheese & tomato £2.02**

Wheat, gluten, milk may contain sesame

**Panini's - Cheese & ham £2.02**

Wheat, gluten, milk may contain sesame

**Enchiladas with salad £2.02**

Wheat, gluten, milk

**Main Meal only £2.10**

**From Menu A or B**

**Meal Deal option £2.20**

**Includes any main meal, sandwich or jacket potato & 1 dessert item**

*Please note the meal deal does not include water; however, drinking water is available to all students from the water fountains.*

*We recommend you bring refillable water bottles for throughout the day.*

### Morning Menu

**Buttered Bagels - free to all pupils**

**between 8am - 8.25 each day**

Wheat, gluten, soya barley, rye may contain sesame

**Toast (per slice) 29p**

Wheat, gluten, soya may contain barley, rye

**Sausage Petit Pan 92p**

Wheat, gluten, sulphites may contain barley, sesame

**Bacon Petit Pan 92p**

Wheat, gluten may contain barley, sesame

**Croissants 99p**

Wheat, gluten, egg, milk may contain sulphite

**Pain au chocolate 99p**

Wheat, gluten, egg, milk may contain sesame

**Pancakes x 2 85p**

Wheat, gluten, egg, milk

**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

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

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