

FRESSSH SPRING/SUMMER MENU 2022 ALLERGEN CHART - WEEK ONE



| Week 1 | Celery | Cereals containing Gluten | Crustacean | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--|--------|---------------------------|------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Monday | | | | | | | | | | | | | | |
| Sri Lankan Chicken | | | | | | | | | | | | | | ✓ |
| Sri Lankan Vegetable Curry (v) VEGAN | | | | | | | | | | | | | | ✓ |
| Steamed Rice | | | | | | | | | | | | | | |
| Naan Bread | | ✓ | | | | | | | | | | | | |
| BBQ Pork Burger in a Bun | | ✓ | | | | | | | | | | ✓ | | |
| Homemade Slaw | | ✓ | | ✓ | | | | | ✓ | | | | | |
| Raspberry Brownie | | ✓ | | ✓ | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | | | |
| Spaghetti Bolognese | | ✓ | | ✓ | | | | | | | | | | |
| Vegemince Bolognese (v) | | ✓ | | ✓ | | | | | | | | | | |
| Garlic Bread | | ✓ | | | | | | | | | | | | |
| Falafel Wrap with Shredded Salad (v) VEGAN | | ✓ | | | | | | | | | | | | |
| Salsa | | | | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | |
| Slow Roasted Pork | | | | | | | | | | | | | | |
| Stuffing | | ✓ | | | | | | | | | | | | |
| Lentil Roast (v) | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| Baby Jacket Potatoes | | | | | | | | | | | | | | |
| Seasonal Vegetables | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | |
| Tomato and Spinach Pilaf (v) VEGAN | | | | | | | | | | | | | | |
| Fruit Crumble | | ✓ | | | | | | | | | | | | |
| Custard | | | | ✓ | | | ✓ | | | | | | | |
| Thursday | | | | | | | | | | | | | | |
| Sweet Chilli Chicken | | | | | | | | | | | | | | ✓ |
| Sweet Chilli Vegetables (v) VEGAN | | | | | | | | | | | | | | ✓ |
| Rice Noodles | | | | | | | | | | | | | | |
| Meatball Sub with Rustic Tomato Sauce and Cheese | | ✓ | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | |
| Battered Fish | | ✓ | | | ✓ | | | | | | | | | |
| Five Bean Burger (v) | | ✓ | | | | | | | | | | | | ✓ |
| Chips | | | | | | | | | | | | | | |
| Mushy Peas | | | | | | | | | | | | | | |
| Beans | | | | | | | | | | | | | | |
| Jamaican Jerk Chicken Wrap | | ✓ | | | | | | | | | | | | |
| Rainbow Salad | | | | | | | | | | | | | | |
| Lemon Cheesecake | | ✓ | | | | | ✓ | | | | | | | |

FRESSSH SPRING/SUMMER MENU 2022 ALLERGEN CHART - WEEK THREE



| Week 3 | Celery | Cereals containing Gluten | Crustacean | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---|--------|---------------------------|------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Monday | | | | | | | | | | | | | | |
| Chicken Katsu Curry | ✓ | ✓ | | | | | | | ✓ | | | | ✓ | |
| Quorn Katsu Curry (v) | ✓ | ✓ | | ✓ | | | | | ✓ | | | | ✓ | |
| Steamed Rice | | | | | | | | | | | | | | |
| Naan Bread | | ✓ | | | | | | | | | | | | |
| Jumbo Fish Finger Wrap with Shredded Salad and Mayo | | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | | |
| Eton Mess | | | | ✓ | | | ✓ | | | | | | ✓ | |
| Tuesday | | | | | | | | | | | | | | |
| Beef Lasagne | | ✓ | | | | | ✓ | | | | | | | |
| Roasted Mediterranean Vegetable Lasagne (v) | | ✓ | | | | | ✓ | | | | | | | |
| Garlic Bread | | ✓ | | | | | | | | | | | | |
| Mixed Salad | | | | | | | | | | | | | | |
| Carrot and Chickpea Biryani (v) VEGAN | | | | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | | |
| Pork Sausages | | ✓ | | | | | | | | | | | | |
| Vegetarian Sausages | | ✓ | | | | | | | | | | | | |
| Creamy Mash | | | | | | | | | | | | | | |
| Seasonal Vegetables | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | |
| Louisiana Chicken with Diced Potatoes | | | | | | | | | | | | | | |
| Apple Berry Slice | | ✓ | | ✓ | | | | | | | | | | |
| Custard | | | | ✓ | | | ✓ | | | | | | | |
| Thursday | | | | | | | | | | | | | | |
| Teriyaki Chicken | | | | | | | | | | | | | ✓ | |
| Teriyaki Vegetables (v) VEGAN | | | | | | | | | | | | | ✓ | |
| Rice Noodles | | | | | | | | | | | | | | |
| Mac'n Cheese with Crispy Onions and Rocket (v) | | ✓ | | | | | ✓ | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | | |
| Battered Fish | | ✓ | | | ✓ | | | | | | | | | |
| Sweet Potato and Vegetable Fritter (v) | | | | | | | | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Mushy Peas | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | |
| Onion Bhaji Burger with Spiced Mango Chutney and Shredded Lettuce (v) VEGAN | | ✓ | | | | | | | | | | | | |
| Lemon Curd Muffin | | ✓ | | ✓ | | | ✓ | | | | | | | |