

Regen Kitchen (Band A)	
<i>Week 1</i>	
Menu Item	Allergens
Monday	
Baked Sausages	WHEAT, SODIUM SULPHITE. Includes cereals containing GLUTEN.
Mash Potatoes	MILK, BISULPHITE.
Gravy	WHEAT, BARLEY, CELERY, SOYA. Includes cereals containing GLUTEN.
Omelette	EGG, MILK
Oven Potatoes	GLUTEN content is less than 20ppm.
Peas	
Individual Fruit Yoghurt Pot	MILK. GLUTEN content is less than 20ppm.
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Tuesday	
Allergens	
Chicken Curry	MILK
Rice	GLUTEN content is less than 20ppm.
Roast Turkey	GLUTEN content is less than 20ppm.
Mash Potatoes	MILK, BISULPHITE. GLUTEN content is less than 20ppm.
Gravy	WHEAT, BARLEY, CELERY, SOYA. May contain MILK, EGG, SOYA, CELERY and MUSTARD. Includes cereals containing GLUTEN.
Fruit Muffin	WHEAT, EGG, MILK, SOYA. Includes cereals containing GLUTEN.
Sweetcorn	

Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Wednesday	Allergens
Chicken Goujons	WHEAT. Includes cereals containing GLUTEN.
Oven Potatoes	
Tomato Pasta Bake	WHEAT, MILK. Includes cereals containing GLUTEN.
Carrots	
Homemade biscuit	WHEAT. May contain SOYA. Includes cereals containing GLUTEN.
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. May contain SESAME.
Thursday	Allergens
Cottage Pie	WHEAT, BARLEY, CELERY, SOYA. Includes cereals containing GLUTEN. May contain MILK, EGG and MUSTARD.
Margherita Pizza	WHEAT GLUTEN, MILK. Includes cereals containing GLUTEN.
Saute Potatoes	GLUTEN content is less than 20ppm.
Broccoli	GLUTEN content is less than 20ppm.
Gravy	WHEAT, BARLEY, CELERY, SOYA. Includes cereals containing GLUTEN. May contain MILK, EGG and MUSTARD.

Jam Split	WHEAT, EGG, METABISULPHIBE, BUTTERMILK. Includes cereals containing GLUTEN.
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Friday	Allergens
Baked Fish Fillet	FISH, WHEAT. Includes cereals containing GLUTEN.
Chipped Potatoes	GLUTEN content is less than 20ppm.
Cheese Wrap	WHEAT, MILK. Includes cereals containing GLUTEN.
Baked Beans	GLUTEN content is less than 20ppm.
Chocolate Cornflake Crisp	GLUTEN content is less than 20ppm. May contain MILK or SOYA.
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.