

<b>Regen Kitchen (Band A)</b>	
<b>Week 2</b>	
<b>Menu Item</b>	<b>Allergens</b>
<b>Monday</b>	
Beef Burger in a Roll	WHEAT, SOYA, CELERY. Includes cereals containing GLUTEN. May contain SESAME.
Vegetable Cheese Bake in a Roll	WHEAT, MILK. Includes cereals containing GLUTEN. May contain SESAME.
Oven Potatoes	GLUTEN content is less than 20ppm.
Baked Beans	GLUTEN content is less than 20ppm.
Fruit Muffin	WHEAT, EGG, MILK, SOYA. 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.
<b>Tuesday</b>	<b>Allergens</b>
Chicken Curry	MILK. May contain PEANUTS, NUTS, MUSTARD.
Rice	
Ham	GLUTEN content is less than 20ppm.
Mash Potatoes	MILK, BISULPHITE. GLUTEN content is less than 20ppm.
Gravy	WHEAT, BARLEY, CELERY, SOYA. Includes cereals containing GLUTEN. May contain MILK, EGG and MUSTARD.
Carrots	

Apple Flapjack / Fresh Fruit	OATS. May contain other GLUTEN sources packed in a site that contains 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.
<b>Wednesday</b>	<b>Allergens</b>
Chicken Goujons	WHEAT. Includes cereals containing GLUTEN.
Tuna & Sweetcorn Pasta Bake	WHEAT, MILK, FISH. Includes cereals containing GLUTEN.
Broccoli	GLUTEN content is less than 20ppm.
Oven Potatoes	GLUTEN content is less than 20ppm.
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.
<b>Thursday</b>	<b>Allergens</b>
Enchilada	WHEAT, MILK. Includes cereals containing GLUTEN.
Margherita Pizza	WHEAT GLUTEN, MILK. Includes cereals containing GLUTEN.
Peas	
Saute Potatoes	

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. Includes cereals containing GLUTEN. May contain SESAME.
<b>Friday</b>	<b>Allergens</b>
Fish Fingers	FISH, WHEAT. Includes cereals containing GLUTEN.
Chipped Potatoes	GLUTEN content is less than 20ppm.
Cheese Wrap	WHEAT, MILK. Includes cereals containing GLUTEN.
Baked Beans	
Welsh Cake	WHEAT, EGG, 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.