

<b>Regen Kitchen (Band A)</b>	
<i>Week 3</i>	
<b>Menu Item</b>	<b>Allergens</b>
<b>Monday</b>	
Meatballs	WHEAT, MILK. Includes cereals containing GLUTEN.
Tomato Pasta Bake	WHEAT, MILK. Includes cereals containing GLUTEN.
Peas	
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.
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>	
Chicken Curry	MILK
Rice	
Roast Turkey	
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.
Sweetcorn	GLUTEN content is less than 20ppm.
Homemade biscuit	WHEAT. Includes cereals containing GLUTEN. May contain 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.
<b>Wednesday</b>	<b>Allergens</b>
Chicken Goujons	WHEAT. Includes cereals containing GLUTEN.
Oven Potatoes	GLUTEN content is less than 20ppm.
Pasta Bolognese	WHEAT. Includes cereals containing GLUTEN.
Carrots	
Jam Split	WHEAT, EGG, METABISULPHITE, BUTTERMILK. Includes cereals containing GLUTEN.
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. May contain SESAME. Includes cereals containing GLUTEN.
<b>Thursday</b>	<b>Allergens</b>

Cottage Pie	WHEAT, BARLEY, CELERY, SOYA. May contain MILK, EGG and MUSTARD. Includes Cereals with GLUTEN.
Margherita Pizza	WHEAT GLUTEN, MILK. Includes cereals containing GLUTEN.
Saute Potatoes	
Peas	
Gravy	WHEAT, BARLEY, CELERY, SOYA. May contain MILK, EGG and MUSTARD. Includes cereals containing GLUTEN.
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
<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	
Chocolate Cookie	WHEAT, SULPHITE, EGG. Includes cereals containing GLUTEN. May contain Milk, Soya & Nuts.
Fresh Fruit	

White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.