

Traditional Kitchen (Band B)	
<i>Week 2</i>	
Menu Item	Allergens
Monday	
Beef Burger in a Roll	WHEAT, SOYA, CELERY, EGG, MILK. Includes cereals containing GLUTEN. May contain SESAME.
Vegetable Cheese Bake in a Roll	WHEAT, MILK, EGG, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Oven Potatoes	
Baked Beans	
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.
Tuesday	Allergens
Chicken Curry	MILK, MUSTARD. May contain Peanuts, Nuts. GLUTEN content is less than 20ppm.
Rice	
Ham	
Mash Potatoes	MILK, BISULPHITE. GLUTEN content is less than 20ppm.
Gravy	WHEAT, CELERY. May contain SOYA. Includes cereals containing GLUTEN.
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.
Wednesday	Allergens
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.
Thursday	Allergens
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.
Friday	Allergens
Fish Fingers	FISH, WHEAT. Includes cereals containing GLUTEN.
Chipped Potatoes	
Cheese Wrap	WHEAT, MILK. Includes cereals containing GLUTEN.
Baked Beans	
Welsh Cake	WHEAT, EGG, BUTTERMILK. Includes cereals containing
Fresh Fruit	
White Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.
Brown Bread	WHEAT, SOYA. Includes cereals containing GLUTEN. May contain SESAME.