# MONDAY

| Dish Name | Celery | Crustaceans | Eggs | Fish | Cereals containing Gluten | *Barley* | *Oats* | *Rye* | *Wheat* | Lupin | Milk | Molluscs | Mustard | Tree Nuts | *Almonds* | *Brazil nut* | *Cashew nut* | *Hazelnut* | *Macadamia nut* | *Pecan nut* | *Pistachio nut* | *Walnut* | Peanuts | Sesame | Soya | Sulphur dioxide/sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 479Baby Boiled Potatoes with Parsley (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Carbonara Pizza 12" (T)(C) | | | | | ✔ | | | | ✔ | | ✔ | | | | | | | | | | | | | | | |
| 479Classic Bolognese Sauce (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | ✔ | |
| 479Coriander and Lime Meatball Wrap (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | |
| 479Fresh Broccoli Florets (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Penne Pasta | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | |

## TUESDAY

| Dish Name | Celery | Crustaceans | Eggs | Fish | Cereals containing Gluten | *Barley* | *Oats* | *Rye* | *Wheat* | Lupin | Milk | Molluscs | Mustard | Tree Nuts | *Almonds* | *Brazil nut* | *Cashew nut* | *Hazelnut* | *Macadamia nut* | *Pecan nut* | *Pistachio nut* | *Walnut* | Peanuts | Sesame | Soya | Sulphur dioxide/sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 479Asian Coleslaw Salad (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Garden Peas(T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Lightly Spiced Oven Baked Potato Wedges (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Mixed Bean Salad (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Roasted Vegetable Shawarma Flatbread (T)(C) | | | | | ✔ | | | | ✔ | | ✔ | | | | | | | | | | | | | | ✔ | |
| 479Southern Baked Chicken Thigh (T)(C) | | | | | ✔ | | | | ✔ | | ✔ | | | | | | | | | | | | | | | |
| 479Teriyaki Chicken (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | ✔ | ✔ | ✔ |

## WEDNESDAY

| Dish Name | Celery | Crustaceans | Eggs | Fish | Cereals containing Gluten | *Barley* | *Oats* | *Rye* | *Wheat* | Lupin | Milk | Molluscs | Mustard | Tree Nuts | *Almonds* | *Brazil nut* | *Cashew nut* | *Hazelnut* | *Macadamia nut* | *Pecan nut* | *Pistachio nut* | *Walnut* | Peanuts | Sesame | Soya | Sulphur dioxide/sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 479Fine Green Beans (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Fresh Sliced Carrots(T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Hot Roast Chicken Dinner Wrap (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | |
| 479Roast Potatoes(T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | ✔ |
| 479Spicy Chicken Sausage Roll (T)(C) | | | ✔ | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | ✔ |
| 479Teriyaki Rice Cakes (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | ✔ | ✔ | ✔ |

## THURSDAY

| Dish Name | Celery | Crustaceans | Eggs | Fish | Cereals containing Gluten | *Barley* | *Oats* | *Rye* | *Wheat* | Lupin | Milk | Molluscs | Mustard | Tree Nuts | *Almonds* | *Brazil nut* | *Cashew nut* | *Hazelnut* | *Macadamia nut* | *Pecan nut* | *Pistachio nut* | *Walnut* | Peanuts | Sesame | Soya | Sulphur dioxide/sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 479Chilli Bean Stack (T)(C) | | | | | ✔ | | | | ✔ | | ✔ | | ✔ | | | | | | | | | | | | | |
| 479Fresh Water (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Lightly Spiced Oven Baked Potato Wedges (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Mixed Salad (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Plain Boiled White & Brown Rice (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Savoy Cabbage (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Sweet Potato & Chickpea Curry (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Sweet Potato Vada Pav (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | ✔ |

## FRIDAY

| Dish Name | Celery | Crustaceans | Eggs | Fish | Cereals containing Gluten | *Barley* | *Oats* | *Rye* | *Wheat* | Lupin | Milk | Molluscs | Mustard | Tree Nuts | *Almonds* | *Brazil nut* | *Cashew nut* | *Hazelnut* | *Macadamia nut* | *Pecan nut* | *Pistachio nut* | *Walnut* | Peanuts | Sesame | Soya | Sulphur dioxide/sulphites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 479Hot Dog: Jerk Dog(T)(C) | ✔ | | | | ✔ | ✔ | | | ✔ | | | | | | | | | | | | | | | ✔ | ✔ | |
| 479House Salad (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Oven Baked Battered Pollack (T)(C) | | | | ✔ | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | |
| 479Oven Baked Chips (T)(C) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 479Southern Fried Slaw Bowl (T)(C) | | | | | ✔ | | | | ✔ | | | | | | | | | | | | | | | | | |