

	Celery (including celeriac)	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk (including lactose)	Molluscs, like mussels	Mustard	Nuts	Peanuts	Sesame Seeds	Soybeans	Sulphur dioxide/sulphites
Week 1														
Sweet and Sour Chicken	✓	✓											✓	
Sweet and Sour Veg	✓												✓	
Jacket, cheese and beans							✓							
Egg Mayo sandwich		✓		✓										
Mini Doughnuts		✓		✓			✓						✓	
Cottage Pie														
Quorn Cottage Pie		✓		✓										
Jacket, tuna mayo				✓	✓									
Cheese and crackers		✓					✓							
Apple Crumble custard		✓					✓							
Roast chicken		✓		✓			✓							
Quorn fillet		✓												
Jacket, beans														
Prawn sandwich		✓	✓	✓										
Chocolate chip cookie		✓					✓						✓	
Sausage/mash		✓												✓
Veggie Sausage/mash		✓		✓										
Jacket, chicken mayo				✓										
Ham roll		✓												
Sultana flapjack														
Cheeseburger		✓					✓							
Veggie burger		✓											✓	
Jacket with cheese							✓							
Tuna mayo wrap		✓		✓	✓									
Icecream							✓							

