





























WEEK 1 MAIN MEAL - We ask that all students with allergies always make themselves known to the canteen staff during service times so they can be advised accordingly.

	 Gluten	 Cereals (containing Gluten)	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
BEEF LASAGNE		X		m/c			X							
ASPENS LOADED MAC & CHEESE		X					X		X					
HUNTERS CHICKEN				m/c			X							
CAJUN SPICED BAKED VEGGIE BURGER		X							X			X		
ROAST PORK, STUFFING & APPLE SAUCE		X											m/c	
ROASTED ROOTS FILO STRUDEL		X					X							
GARLIC CHILLI CHICKEN CURRY							X							X
SWEET & SOUR VEG CHICKPEA CURRY														X
BATTERED FISH gluten free					X									
CHICKEN NUGGETS	X	X												
CRUNCHY RAINBOW SALAD														
CRISPY BAKED HOME FRIES														
SKIN ON ROASTIES, CARROTS & BROCCOLI		X												
CARDAMOM RICE & GREEN BEAN														
BAKED BEANS														
CURRY SAUCE	X	X		X			X		X				X	

WEEK 2 – MAIN MEAL We ask that all students with allergies always make themselves known to the canteen staff during service times so they can be advised accordingly.

	 Celery	 Cereals containing Gluten	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
Lemon chicken tagine with cous cous		x												
Sweet potato and apricot tagine with cous cous		x												
Creamy chicken and leek pie with roasties		x					x						x	
Lentil and onion pie with roasties		x		x										
BRITISH PORK SAUSAGE with gravy		x											x	x
QUORN SAUSAGE with gravy		x												
SMOKED CHILI BEEF OVER RICE		x					x							
VEGGIE BEAN CHILI LOADED NACHOS		x					x		x					
BATTERED FISH gluten free					x									
CHICKEN NUGGETS	x	x												
chips														
SKIN ON GARLIC ROASTIES & GREEN BEANS														
SMOKEY CORN														
BAKED BEANS														
CURRY SAUCE		x		x			x		x					

WEEK 3 – MAIN MEAL We ask that all students with allergies always make themselves known to the canteen staff during service times so they can be advised accordingly.

	 Celery	 Cereals containing Gluten	 Crustaceans (Shellfish)	 Eggs	 Fish	 Lupin	 Milk	 Molluscs (Shellfish)	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
TUSCAN SAUSAGE LASAGNE	x	x		m/c			x							x
PROVENCAL VEGETABLE LASAGNE	x	x		m/c			x							
KING PO PULLED PORK		x											x	
BANG BANG CAULIFLOWER		x		x					m/c				m/c	
CREAMY CHICKEN & PUFF PASTRY PIE		x					x							
Somerset veg stew														
SMOKEY ALBONDIGAS (MEATBALLS)														x
SPANISH VEGETABLE TACOS		m/c												
BATTERED FISH gluten free					x									
CHICKEN NUGGETS	x	x												
GARLIC WEDGES														
5 SPICE RICE & STIR FRY GREENS													x	
ROASTIES, PEAS AND GREEN BEANS														
SPANISH RICE TOMATO & GREEN BEAN SALAD														
BAKED BEANS														
CURRY SAUCE		x		x			x		x					