

ESM05 Allergen Identification Form		Menu Title/Year SPRING							Menu Week/Day WEEK ONE						
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	m/c = MAY CONTAIN														
MONDAY	BEEF CHILLI	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	RICE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	TORTILLA CHIPS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	QUORN MINCE CHILLI	/	/	✓	/	B	/	/	/	/	/	/	/	/	/
	YOGHURT	/	/	/	/	/	/	✓	/	/	/	/	/	/	/
TEUESDAY	MILD CHICKEN FAJITA	/	/	/	/	W	/	/	/	m/c	/	/	/	m/c	/
	PASTA BAKE	/	/	/	/	W	/	/	/	m/c	/	/	/	m/c	/
	QUORN BEEF PIECES	/	/	/	/	W/B	/	/	/	m/c	/	/	/	m/c	/
	GARLIC BREAD	/	/	/	/	W	/	m/c	/	/	/	/	/	m/c	/
	CAKE	/	/	✓	/	W	/	/	/	/	/	/	/	/	/
WEDNESDAY	BEEF MEATBAUS	/	/	/	/	W	/	/	/	/	/	/	/	/	/
	VEGETABLE RICE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	PLANT-BASED MEATBAUS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	MOUSSE	/	/	/	/	/	/	✓	/	/	/	/	/	/	/
THURSDAY	PORK SAUSAGE HOT DOG	/	/	/	/	W ^{m/c} _B	/	/	/	/	/	/	/	m/c	✓
	HERBY DICED POTATOES	/	/	/	/	W	/	/	/	/	/	/	/	/	/
	ONION RINGS	/	/	/	/	W	/	/	/	/	/	/	/	/	/
	LINDA MCCARTNEY SAUSAGE	/	/	/	/	W	/	/	/	/	/	/	/	✓	✓
	COOKIE	/	/	✓	/	W	/	✓	/	/	/	/	/	✓	/

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*Gluten Key: W=Wheat O=Oats B=Barley R=Rye S=Spelt K=Kamut

Please state the name of the cereal(s) containing gluten* in that column.

ESM05 Allergen Identification Form		Menu Title/Year <i>SPRING</i>								Menu Week/Day <i>WEEK ONE</i>					
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	<i>M/C = MAY CONTAIN</i>														
<i>FRIDAY</i>	<i>Allergens for the meal on Friday 21st March (Gladiator themed) are listed on a separate page.</i>														

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ESM05 Allergen Identification Form		Menu Title/Year <i>SPRING</i>							Menu Week/Day <i>WEEK TWO</i>						
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	MIC = MAY CONTAIN														
MONDAY	CHICKEN CURRY	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
	VEGETABLE RICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	NANN BREAD	-	-	-	-	Σ	-	-	-	-	-	-	-	-	-
	VEGETABLE CURRY	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
	YOGHURT	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
TUESDAY	FISH GOUJONS	-	-	-	✓	W	-	-	-	-	-	-	-	-	-
	CHIPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	PEAS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	OMELETTE	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
	COOKIE	-	-	✓	-	W	-	✓	-	-	-	-	-	✓	-
WEDNESDAY	ROAST CHICKEN	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	YORKSHIRES	-	-	✓	-	W	-	✓	-	-	-	-	-	-	-
	ROAST POTATOES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	VEGETABLES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	GRAVY	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	QUORN FILLET	-	-	-	-	W	-	-	-	-	-	-	-	-	-
	MOUSSE	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
THURSDAY	PASTA BOLOGNAISE	-	-	-	-	W	-	-	-	m/c	-	-	-	m/c	-
	GARLIC BREAD	-	-	-	-	W	-	m/c	-	-	-	-	-	m/c	-
	QUORN MINCE BOLOGNAISE	-	-	✓	-	W+B	-	-	-	-	-	-	-	-	-

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Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
<i>THURSDAY CON:</i>	<i>M/C = MAY CONTAIN FRUIT</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
<i>FRIDAY</i>	<i>PIZZA</i>	<i>-</i>	<i>-</i>	<i>M/C</i>	<i>-</i>	<i>W</i>	<i>-</i>	<i>/</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
	<i>CRUDITIES</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
	<i>FRUIT LOLLY</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>

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ESM05 Allergen Identification Form		Menu Title/Year <u>SPRING</u>							Menu Week/Day <u>WEEK THREE</u>						
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
<u>MONDAY</u>	M/C = MAY CONTAIN														
	Please see Friday (Park Burger) for Monday's allergens this week.														
	Monday														
<u>TUESDAY</u>	CHEESY CHICKEN + PEPPERONI PASTA BAKE	-	-	-	-	W	-	✓	-	m/c	-	-	-	✓	-
	GARLIC BREAD	-	-	-	-	W	-	m/c	-	-	-	-	-	m/c	-
	CHEESY VEGAN BACON + QUORN PASTA BAKE	-	-	-	-	W	-	✓	-	-	-	-	-	✓	-
	SWEETCORN CAKE	-	-	✓	-	W	-	-	-	-	-	-	-	-	-
<u>WEDNESDAY</u>	SAVORY MINCE BEEF - ROASTED - GARLIC POTATOES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	VEGETABLES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	QUORN MINCE YORKSHIRE	-	-	✓	-	B	-	-	-	-	-	-	-	-	-
	FRUIT	-	-	✓	-	W	-	✓	-	-	-	-	-	-	-
<u>THURSDAY</u>	CHICKEN BITES	-	-	-	-	W	-	-	-	-	-	-	-	✓	-
	Y2 JACKET	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	M/C = MAY CONTAIN														
THURSDAY	BBQ BEANS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CONT:	PLANT BASED DIPPERS	-	-	-	-	Σ	-	-	-	-	-	-	-	-	-
	YOGHURT	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
FRIDAY	PORK BURGER	-	-	-	-	Σ	-	-	-	-	-	-	-	✓	-
	HASH BROWN	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	SPAGHETTI HOOPS	-	-	-	-	Σ	-	-	-	-	-	-	-	-	-
	QUORN SAUSAGE PATTIE BURGER	-	-	✓	-	W+B	-	✓	-	-	-	-	-	-	-
	COOKIE	-	-	✓	-	Σ	-	✓	-	-	-	-	-	✓	-
<p>Allergens for the meal on Friday 4th April (Easter themed) are listed on a separate page.</p>															

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ESM05 Allergen Identification Form		Menu Title/Year <i>GLADIATORS READY</i>								Menu Week/Day <i>21st MARCH 25</i>					
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	<i>MAY CONTAIN = m/c</i>														
	<i>BEEF RAGU</i>	<i>✓</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>W</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>m/c</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>m/c</i>	<i>-</i>
	<i>DUORN RAGU</i>	<i>✓</i>	<i>✓</i>	<i>✓</i>	<i>-</i>	<i>W+B</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>m/c</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>m/c</i>	<i>-</i>
	<i>BROCCOLI</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
	<i>FRUIT FLAPJACK</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>W+O</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>

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ESM05 Allergen Identification Form		Menu Title/Year <u>EASTER</u>							Menu Week/Day <u>4th APRIL 25</u>						
Product brand or code	Menu Item Details	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
	FILLET OF FISH	-	-	-	✓	Σ	-	-	-	-	-	-	-	-	-
	CHIPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	PEAS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	GUAMBERGIAN SAUSAGE	-	-	-	-	Σ	-	✓	-	✓	-	-	-	-	-
	KETCHUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	EASTER CHOCOLATE NEST	-	-	-	-	B	-	✓	-	-	-	-	-	-	-

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