

ESM05: Allergen Identification Form		Menu Title/Year		Menu Week/Day												
		AUTUMN 2023		WEEK THREE												
Product brand or code	Menu Item Details M/C= MAY CONTAIN	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites	
MONDAY -	FISH GOWJONS				✓	Σ										
	CHIPS															
	PEAS															
VEG -	OMELETTE			✓				✓								
	FRUIT LOUZY															
TUESDAY -	CHICKEN															
	CURRY SAUCE							✓		✓						
	VEGETABLES															
	RICE															
	NAAN BREAD					Σ										
	SWEET POTATO															
	SPINACH															
	FRUIT															
WEDNESDAY -	PIZZA BASES			m/c		W		m/c								
	PIZZA SAUCE															
	CHEESE							✓								
	MIXED HERBS															
	HAM AND PEPPERONI															
	CRUDITES															
	RAISINS															

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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.

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THURSDAY -	BUN - HIGH FIBRE	/	/	/	/	Σ	/	/	/	/	/	/	m/c	/	/
	BEEF BURGER	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
	CRISPY CUBED POTATOES	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
	SPAGHETTI HOOPS	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
VEG-	VEGGIE BURGER	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
	FRUIT SMOOTHIE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
FRIDAY -	CHICKEN	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	BROCCOLI	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	PASTA	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
	RICH AND RUSTIC	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	VEGETABLES - MEDITERRANEAN	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	LENTILS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
BISCUITS-	FLOUR	/	/	/	/	Σ	/	/	/	/	/	/	/	/	/
	BUTTER (DAIRY FREE)	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	SUGAR	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	VANILLA EXTRACT	/	/	/	/	/	/	/	/	/	/	/	/	/	/

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Product brand or code	Menu Item Details M/C = MAY CONTAIN	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
MONDAY -	SAUSAGE ROLL (PORK)	-	-	-	-	W	-	-	-	-	-	-	-	-	✓
	MINI WAFFLES	-	-	M/C	-	W	-	M/C	-	-	-	-	-	-	-
	BEANS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VEG-	VEGAN ROLL	-	-	-	-	W	-	-	-	-	-	-	-	-	-
	FRUIT	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TUESDAY -	CHICKEN	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	PESTO	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	VEGETABLES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	PASTA	-	-	-	-	W	-	-	-	-	-	-	-	-	-
	LENTIL	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	ORGANIC FRUIT LOLLY	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WEDNESDAY-	ROLL - HIGH FIBRE	-	-	-	-	W	-	-	-	-	-	-	M/C	-	-
	FISH FINGER	-	-	-	✓	W	-	-	-	-	-	-	-	-	-
	SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VEG-	FISHLESS FISH FINGER (QUEN)	-	-	-	-	W	-	-	-	-	-	-	-	-	-
	RAISINS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
THURSDAY-	SPAGHETTI	-	-	-	-	W	-	-	-	-	-	-	-	-	-
	BEEF MINCE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	RICH AND RUSTIC	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	ONION	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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ESM05 Allergen Identification Form		Menu Title/Year AUTUMN/WINTER MENU 2023							Menu Week/Day WEEK ONE						
Product brand or code	Menu Item Details MAY CONTAIN = M / C	Celery	Crustacea	Eggs	Fish	Gluten*	Lupin	Milk	Molluscs	Mustard	Peanuts	Tree Nuts	Sesame	Soya	Sulphites
MONDAY	BUBBLE FISH	/	/	/	✓	/	/	/	/	/	/	/	/	/	/
	CHIPS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	BEANS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	OMELETTE	/	/	✓	/	/	/	✓	/	/	/	/	/	/	/
	RAISINS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
TUESDAY	CHICKEN	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	KATSU CURRY SAUCE	/	/	/	/	✓ W	/	/	/	/	/	/	/	✓	/
	RICE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	VEGETABLES	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	LENTILS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	CHAPATI	/	/	/	/	✓ W	/	/	/	/	/	/	/	/	/
	LOLLY	/	/	/	/	/	/	/	/	/	/	/	/	/	/
WEDNESDAY	GAMMON	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	YORKSHIRE PUDDING	/	/	✓	/	✓ W	/	✓	/	/	/	/	/	/	/
	ROAST POTATOES	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	VEGETABLES	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	GRAVY	/	/	/	/	/	/	/	/	/	/	/	/	/	/
	VEGAN SAUSAGE ROLL	/	/	/	/	✓ W	/	/	/	/	/	/	/	/	/
	FRUIT	/	/	/	/	/	/	/	/	/	/	/	/	/	/

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Menu Title/Year AUTUMN/WINTER MENU 2023

Menu Week/Day WEEK ONE

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THURSDAY	BEEF MINCE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	RICH AND RUSTIC ONION	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	PAPRIKA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	QUORN MINCE	-	-	✓	-	✓B	-	-	-	-	-	-	-	-	-
	SPAGHETTI	-	-	-	-	✓W	-	-	-	-	-	-	-	-	-
	GARLIC BREAD	-	-	-	-	✓W	-	m/c	-	-	-	-	-	m/c	-
	FRUIT SMOOTHIE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRIDAY	CHICKEN	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	QUORN PIECES	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
	SWEET AND SOUR SAUCE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	VEGETABLES	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	RICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	COOKIE	-	-	✓	-	W✓	-	m/c	-	-	-	-	-	m/c	-

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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
BAGUETTES	SERVED DAILY														
	BAGUETTE					W m/c/b							m/c		
	DAIRY FREE BUTTER														
	HAM														
	CHEESE							/							
	TUNA MAYO			/	/										
	TURKEY														
JACKET POTATOES	SERVED DAILY														
	CHEESE							/							
	BEANS														
	TUNA MAYO			/	/										
	BUTTER PORTION							/							

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