



### Allergy Aware / Gluten Free / Halal / Vegan Lunch Menu

all Vegetarian choices are also suitable for Vegans

NAME .....

WARD .....

E = Easy Chew V = Vegetarian Ve = Vegan So = Soya  
G = Gluten Free D = Suitable for those with Diabetes

This menu is free from all 14 common listed Allergens:-  
Celery, Cereals containing gluten, Crustaceans, Eggs and  
Fish, Lupin, Milk, Molluscs, Mustard & Nuts, Peanuts,  
Sesame seeds, Soya & Sulphur dioxide.

- 1.  Orange Juice GVDE
- 2.  Apple Juice GVDE
- 3.  Lamb Casserole with Parmentier  
Potato & Vegetables GD
- 4.  Chicken Casserole with Parmentier  
Potatoes served with Cauliflower  
& Green Beans GD
- 5.  Roast Chicken GD
- 6.  Chilli Con Carne GD
- 7.  Beef Casserole with New Potatoes  
& Vegetables GD
- 8.
- 9.
- 10.  Mediterranean Stew GDVeV
- 11.  Fruit Salad GDVEVe
- 12.  Fruit Jelly GDE
- 13.  Nairn's Gluten Free Oat Biscuit - *Evening Snack* G

**Sandwiches suitable for Gluten Free Diets Only**  
- Please tick filling choice

- 14.  Ham GD
- 15.  Cheese/Vegan Cheese GDV
- 16.  Tuna & Cucumber GD

**Puddings suitable for Gluten Free Diets Only**

- 17.  Rice Pudding GDVE
- 18.  Apple Crumble & Custard GVE
- 19.  Chocolate Mousse GVE
- 20.  Oat Milk Rice Pudding GDVE
- 21.  Chocolate & Orange Torte (contains soya) GESo

### Allergy Aware / Gluten Free / Halal / Vegan Supper Menu

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Sesame seeds, Soya & Sulphur dioxide.

- 1.  Orange Juice GVDE
- 2.  Apple Juice GVDE
- 3.  Chicken Casserole with Parmentier  
Potatoes served with Cauliflower  
& Green Beans GD
- 4.  Savoury Minced Beef GD
- 5.  Roast Chicken GD
- 6.  Mediterranean Stew GDVeV
- 7.
- 8.
- 9.  Harvester Casserole with Roast  
Potatoes, Sweetcorn &  
Roasted Vegetables. GDVeV
- 11.  Fruit Salad GDVEVe
- 12.  Fruit Jelly GDE
- 13.  Fresh Apple - *Evening Snack*
- 14.  Fresh Banana - *Evening Snack*

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- 16.  Cheese/Vegan Cheese GDV
- 17.  Tuna & Cucumber GD

**Puddings suitable for Gluten Free Diets Only**

- 18.  Rice Pudding GDVE
- 19.  Apple Crumble & Custard GVE
- 20.  Chocolate Mousse GVE
- 21.  Chocolate & Orange Torte (contains soya) GESo
- 22.  Oat Milk Rice Pudding GDVE

**Please advise the Catering team of your allergies by ticking the relevant boxes;**

- |   |                                   |   |
|---|-----------------------------------|---|
| <input type="checkbox"/> Celery                       | <input type="checkbox"/> Lupin    | <input type="checkbox"/> Peanuts            |
| <input type="checkbox"/> Cereals containing<br>Gluten | <input type="checkbox"/> Milk     | <input type="checkbox"/> Sesame<br>Seeds    |
| <input type="checkbox"/> Crustaceans                  | <input type="checkbox"/> Molluscs | <input type="checkbox"/> Soya               |
| <input type="checkbox"/> Eggs                         | <input type="checkbox"/> Mustard  | <input type="checkbox"/> Sulphur<br>Dioxide |
| <input type="checkbox"/> Fish                         | <input type="checkbox"/> Nuts     |   |

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| <input type="checkbox"/> Crustaceans                  | <input type="checkbox"/> Molluscs | <input type="checkbox"/> Soya               |
| <input type="checkbox"/> Eggs                         | <input type="checkbox"/> Mustard  | <input type="checkbox"/> Sulphur<br>Dioxide |
| <input type="checkbox"/> Fish                         | <input type="checkbox"/> Nuts     |   |

**For Ward Use Only**  Assistance Required  Green Tray

Tick here to see a member of the Catering Team

**For Ward Use Only**  Assistance Required  Green Tray

Tick here to see a member of the Catering Team