



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. Savoury Minced Chicken GD
6. Chilli Con Carne GD
7. Beef Casserole with New Potatoes & Vegetables GD
8. Vegetable Chilli Moong Daal & Rice GDVeV
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 & Spring Onion 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

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

- Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide

For Ward Use Only Assistance Required Green Tray

Tick here to see a member of the Catering Team

Allergy Aware / Gluten Free / Halal / Vegan Supper 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. Chicken Casserole with Parmentier Potatoes served with Cauliflower & Green Beans GD
4. Savoury Minced Beef GD
5.
6. Mediterranean Stew GDVeV
7. Vegetable Chilli Moong Daal & Rice GDVeV
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

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

- 15. Ham GD
16. Cheese/Vegan Cheese & Spring Onion 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;

- Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide

For Ward Use Only Assistance Required Green Tray

Tick here to see a member of the Catering Team