



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. Cottage Pie GD
- 9.
- 10. Mediterranean Stew GDVeV
- 11. Fruit Salad GDVEVe
- 12. Fruit Jelly GDE
- 13. Nair'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

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 Gluten | <input type="checkbox"/> Milk | <input type="checkbox"/> Sesame 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 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

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- 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. Cottage Pie GDV
- 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 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
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