Last Edited: 2/17

Menu FIR Intolerance Report

Middle Menu (All Variations) April 26

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Week 1 Monday																												
Beef & Lentil Bolognaise with Pasta and House Salad 4871 (Yield 60ptn/s)	✓	✓										M													M			
Halal Beef Bolognaise & Lentil with Pasta and House Salad 4876 (Yield 60ptn/s)	✓	✓										M													M			
Plant based Bolognaise with Pasta and House Salad 4997 (Yield 60ptn/s)	✓	✓										M													M			
Spiced Pineapple Cake 1001790 (Yield 21ptn/s)	✓	✓									✓	M	✓														✓	
Week 1 Tuesday																												
Bang Bang Chicken With Soy and Mixed Rice 1016309 (Yield 50Ptn/s)	✓	✓										✓																
Bang Bang Eat Curious with Soy and Mixed Rice 1016665 (Yield50Ptn/s)	✓	✓										✓																
Chocolate and Banana Brownie 1001794 (Yield 21ptn/s)	✓	✓									✓		✓															
Halal Bang Bang Chicken With Soy and Mixed Rice 1018063 (Yield 50Ptn/s)	✓	✓										✓																
Week 1 Wednesday																												
Glazed Gammon with Crisp Roasties Seasonal Veg & Roast House gravy 100175	✓	✓									✓		✓												✓			
Halal Lemon & Thyme Roast Chicken 1001906 (Yield 50ptn/s)	✓	✓									✓		✓														✓	
Sticky Ginger Cake 1017604 (Yield 21ptn/s)	✓	✓									✓	M	✓															
Vegetable Squashage Roll with Roast House Gravy 1016053 (Yield 12ptn/s)	✓	✓									✓		✓	M	M	M	M	M	M	M	M	M	M			✓		
Week 1 Thursday																												
Cauliflower, Courgette and Chickpea Rosti with Braised Rice, Kachumber Salad a	✓	✓									✓		✓															
Chicken Tikka and Chickpea Masala, Braised Rice & Kachumber Salad 1001822 (											✓		✓															
Halal Chicken Tikka and Chickpea Masala, Braised Rice and Kachumber Salad 10											✓		✓															
Oaty Apple Crumble and Custard 1001795 (Yield 63ptn/s)	✓	✓				M	✓						✓															

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Week 1 Friday																												
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓			
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓																									✓	
Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓		✓	
Hot Chocolate Rocky Road and Custard 1005762 (Yield 21ptn/s)	✓	✓				M					✓	✓	✓	M	M	M										M		
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓															
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓			
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																									✓	
Vegan Chickpea & Coriander Burger with Fries 1000169 (Yield 20ptn/s)	✓	✓																								M		
Week 2 Monday																												
Chocolate Sponge & Chocolate Sauce 5238 (Yield 63ptn/s)	✓	✓									✓		✓															
Halal Chicken Sausage (beef casing) & Mashed Potatoes and Onion Gravy 4989 (	✓	✓											✓														✓	
Pork Sausage (beef casing) & Mash with Onion Gravy 5027 (Yield 48ptn/s)	✓	✓										✓	✓														✓	
Vegan BBQ Boston Bean Sausage Casserole and Mashed Potato 1016557 (Yield	✓	✓				✓						✓												✓				
Week 2 Tuesday																												
Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad 1	✓	✓										M	✓												M			
Halal Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House S	✓	✓										M	✓												M			
Lentil & Chickpea Dahl with Roasted Tikka Cauliflower and Steamed Rice 101711	M	M																										
Pear & Apple Orchard Crumble and Custard 1016137 (Yield 63ptn/s)	✓	✓				M	✓						✓															
Week 2 Wednesday																												
Cheese and Potato Pie, Roast Potatoes, Seasonal Vegetables and Roast House	✓	✓											✓												✓			

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Cocoa Bread and Butter Pudding 1017113 (Yield 42 ptn/s)	✓	✓				M					✓	✓	✓															
Halal Roast Turkey Breast Crisp Roast Potatoes Seasonal Veg 1001844 (Yield 50	✓	✓									✓		✓															
Roast Breast of Turkey, Crisp Roast Potatoes, Seasonal Veg with Roast House G	✓	✓									✓		✓															
Week 2 Thursday																												
Crunchy French Onion & Leek Macaroni Cheese with House Salad 1016583 (Yiel	✓	✓										M	✓												✓			
Halal Sweet and Sour Chicken with Carrot Rice 1001854 (Yield 40ptn/s)																										✓		
Jam and Coconut Sponge 1016116 (Yield 21 ptn/s)	✓	✓									✓		✓													✓		
Sweet and Sour Chicken with Carrot Rice 1001851 (Yield 40ptn/s)																										✓		
Week 2 Friday																												
Apple Traybake 1016084 (Yield 21ptn/s)	✓	✓				M					✓	✓	✓	M	M	M									M			
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓			
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓																								✓		
Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓	✓		
Margherita Pizza & Chips 4955 (Yield 6ptn/s)	✓	✓	M	M	M	M	M						✓															
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓															
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓			
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																								✓		
Vegan Moroccan spiced butternut squash pasty with chips and peas 1017803 (Yi	✓	✓																										
Week 3 Monday																												
Halal Mexican Beef Nacho Pasta Bake 1017573 (Yield 50Ptn/s)	✓	✓										M	✓												M			
Mexican Beef Nacho Pasta Bake 1016750 (Yield 50 Ptn/s)	✓	✓										M	✓												M			
No Waste Cauliflower Cheese Pasta Bake with mixed salad 1018166 (Yield 16ptn	✓	✓										M	✓												M			

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Sticky Lemon Sponge 1000089 (Yield 63ptn/s)	✓	✓									✓	M	✓															
Week 3 Tuesday																												
BBQ Chicken with Salt n Pepper Wedges, Asian slaw & Garden Peas 1005751 (Y	✓	✓				✓						✓												✓				
Chipotle Quorn Dippers With Salt n Pepper Wedges, Asian slaw & Garden Peas	✓	✓																										
Halal BBQ Chicken with Salt n Pepper Wedges, Asian Slaw & Garden Peas 10057	✓	✓				✓						✓												✓				
Mixed Berry & Apple Crumble 5230 (Yield 84ptn/s)	✓	✓											✓															
Week 3 Wednesday																												
Chocolate and Whole Banana Puff Pastry Pinwheel 1016165 (Yield 48 Ptn/s)	✓	✓				M					✓	✓	✓															
Halal Salt & Pepper Roast Chicken 1001887 (Yield 50ptn/s)	✓	✓									✓		✓															
Roast Pork, Crisp Roasties, Seasonal Veg and Roast House Gravy 1001876 (Yiel	✓	✓									✓		✓															
Roasted Vegetable and Chick Pea Pastry Roll with Crisp Roasties, Seasonal Vege	✓	✓																									✓	
Week 3 Thursday																												
Fragrant Lemon and Herb Chicken with Spicy Rice 1016800 (Yield 50 ptn/s)																											✓	
Halal Fragrant Lemon and Herb Chicken with Spicy Rice 1017748 (Yield 50 ptn/s)																											✓	
Hot Maple and Cajun Quorn Fillet with Spicy Rice 1016795 (Yield 20 Ptn/s)	✓	✓																										
Nut Free Bakewell Sponge 1016231 (Yield 21ptn/s)	✓	✓									✓																✓	
Week 3 Friday																												
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓			
Crispy Chickpea & Vegetable Pakora Burger, Mango Slaw, Chips & Peas 101722	✓	✓																							M	M	M	
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓																									✓	
Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓		✓	

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Hot Chocolate Rocky Road and Custard 1005762 (Yield 21ptn/s)	✓	✓				M					✓	✓	✓	M	M	M										M		
Margherita Pizza & Chips 4955 (Yield 6ptn/s)	✓	✓	M	M	M	M	M						✓															
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓															
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓			
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																									✓	
Pick n Mix																												
HCL Small Cheese Roll with crudites and nachos 1012859 (Yield 12ptn/s)	✓	✓											✓													M		
HCL Small Ham Roll, crudites and nachos 1012853 (Yield 12ptn/s)	✓	✓																								M		
HCL Small Tuna Mayo Roll with crudites & nachos 1012856 (Yield 10ptn/s)	✓	✓						✓			✓															M		
Jacket Potatoes																												
Jacket Potato with Beans 5219 (Yield 10ptn/s)																												
Jacket Potato with Cheese 5221 (Yield 10ptn/s)													✓															
Jacket Potato with Tuna Mayonnaise 5223 (Yield 10ptn/s)								✓			✓																	
Primary Baked Potato with Baked Beans & Cheese 1008111 (Yield 10ptn/s)													✓															
Pasta Pots																												
Creamy Pesto Pasta 12oz 7333 (Yield 20ptn/s)	✓	✓										M	✓												M			
Creamy Pesto Pasta 16oz 7332 (Yield 15ptn/s)	✓	✓										M	✓												M			
Pasta in Cheese Sauce 12oz 7331 (Yield 20ptn/s)	✓	✓										M	✓												✓			
Pasta in Cheese Sauce 16oz 7330 (Yield 15ptn/s)	✓	✓										M	✓												✓			
Tomato & Basil Pasta 12oz 7335 (Yield 20ptn/s)	✓	✓										M													M			
Tomato & Basil Pasta 16oz 7334 (Yield 15ptn/s)	✓	✓										M													M			