

Break Menu



Dishes/Cereals containing gluten**
 Crustaceans
 Eggs
 Fish
 Peanuts
 Soya
 Milk
 Nuts*
 Sesame Seeds
 Sulphur Dioxide
 Molluscs
 Celery
 Mustard
 Lupin
 Cheese

Spicy Hot Sausage in a Bun	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Cheesy Bagel	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Baked Chicken Flat Breads	yes	no	yes	no	no	no	yes	no	yes	no	no	no	no	no	yes
Vegetable Samosa	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chicken and Jalapeño Baguettes	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Roasted Pepper & Haloumi Panini	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Cheese and Ham Panini	yes	no	no	no	no	no	yes	no	no	yes	no	no	no	no	yes
Cheese Panini	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Tuna & Cheese Panini	yes	no	no	yes	no	no	yes	no	no	no	no	no	no	no	yes
Pizza Toast	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Cajun Chicken Wraps	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no
Cheese & Onion Pasties	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	yes
Chicken Fajita Wraps	yes	no	no	no	no	no	yes	no	no	yes	no	no	yes	no	no
Margarita Pizza Wrap	yes	no	no	no	no	no	yes	no	no	no	no	no	yes	no	yes
Cheese and Onion Toasties	yes	no	no	no	no	yes	yes	no	no	no	no	no	no	no	yes
Bacon/Halal Bacon Bloomer	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Coco Pops Cereal	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Rice Crispies Cereal	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chocolate Croissants	yes	no	yes	no	no	yes	yes	traces	no	no	no	no	no	no	no
Popcorn	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes
Yoghurt & Granola Pots	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Fruit Pots/Fresh Fruit/Fruit Bags	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no

Nuts* - States the name of the nut/s in that column where known

Cereals containing gluten** - States the name of the cereal containing gluten

Week 1 Menu



Dishes/Cereals containing gluten**
Crustaceans
Eggs
Fish
Peanuts
Soya
Milk
Nuts*
Sesame Seeds
Sulphur Dioxide
Molluscs
Celery
Mustard
Lupin
Cheese
Coconut milk

	Dishes/Cereals containing gluten**	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts*	Sesame Seeds	Sulphur Dioxide	Molluscs	Celery	Mustard	Lupin	Cheese	Coconut milk
Chicken Enchiladas	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no	no	no
Bean Enchiladas	yes	no	no	no	no	yes	yes	no	yes	no	no	no	no	no	no	no
Cottage Pie	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Vegetable Turnover	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Chicken and Spinach Curry	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	yes
Lentil Dahl	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Spicy Sichuan Chicken	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Vegetable Chow Mein	yes	no	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no
Fish in Batter	yes	no	yes	yes	no	no	yes	no	no	no	no	no	no	no	no	no
Chips	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Southern Fried Chicken	yes	no	yes	no	no	no	yes	no	no	no	no	no	yes	no	no	no
Pasta (from PastaBar)***	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Jacket Potato	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Tuna Topping	no	no	yes	yes	no	no	yes	no	no	no	no	no	yes	no	no	no
Coleslaw	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Sour Dough Pitta	yes	no	no	no	no	no	yes	no	yes	no	no	no	no	no	yes	no
Cuban Toasties	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	yes	no
Hot Dog Roll	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Sausage for Hot dog	yes	no	yes	no	no	no	yes	no	no	yes	no	no	no	no	yes	no
White Cake	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	no
Chocolate Cake	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	no
Chocolate Brownie Cake	yes	no	yes	no	no	no	yes	may contain	no	no	no	no	no	no	no	no
Blueberry Muffin	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Fruit Pots/Fresh Fruit	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Dairy Lea cream cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Butter Portion	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Cream Crackers	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Tomato Ketchup sachet	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mayonnaise sachet	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Vinegar sachet	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no

Nuts* - States the name of the nut/s in that column where known

Cereals containing gluten** - States the name of the cereal containing gluten

Pasta Sauces (from PastaBar)*** - See Pasta King sauces allergen list

Sandwiches - See Simply Lunch allergen list

Week 2 Menu



Dishes/Cereals containing Gluten**
 Crustaceans
 Eggs
 Fish
 Peanuts
 Soya
 Milk
 Nuts*
 Sesame Seeds
 Sulphur Dioxide
 Molluscs
 Celery
 Mustard
 Lupin
 Cheese
 Coconut milk

	Wheat	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts*	Sesame Seeds	Sulphur Dioxide	Molluscs	Celery	Mustard	Lupin	Cheese	Coconut milk
Sausage	yes	no	yes	no	no	no	yes	no	no	yes	no	no	no	no	no	no
Mashed potato	no	no	no	no	no	no	yes	no	no	yes	no	no	no	no	no	no
Spaghetti Bolognese	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Mac & Cheese	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Garlic Bread	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Piri Piri Chicken	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Vegetable Wellington	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Roast Potatoes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Yorkshire pudding	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Stuffing balls	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mixed Vegetables	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Spicy Quorn	no	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	no
Jerk Chicken	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Gravy	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Rice and Peas	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Fish in Batter	yes	no	yes	yes	no	no	yes	no	no	no	no	no	no	no	no	no
Chicken Goujons	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Chips	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mushy Peas	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Baked Beans	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Pasta (from PastaBar)***	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Jacket Potato	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Tuna Topping	no	no	yes	yes	no	no	yes	no	no	no	no	no	yes	no	no	no
Coleslaw	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Shredded Chicken Yakitori	yes	no	no	no	no	no	yes	no	yes	no	no	no	no	no	yes	no
Pitta Breads	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Corn Bread Wraps	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
BBQ Chicken Panini	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Chicken and Jalapeno Baguette	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
White Cake	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	no
Chocolate Cake	yes	no	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	no
Chocolate Brownie Cake	yes	no	yes	no	no	no	yes	traces	no	no	no	no	no	no	no	no
Blueberry Muffin	yes	no	yes	no	no	no	yes	no	no	no	no	no	no	no	no	no
Fruit Pots/Fresh Fruit/Fruit Bag	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Dairy Lea cream cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Butter Portion	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Cream Crackers	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no
Cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	yes	no
Tomato Ketchup sachet	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mayonnaise sachet	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Vinegar sachet	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no

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 Cereals containing gluten** - States the name of the cereal containing gluten
 Pasta Sauces (from PastaBar)*** - See Pasta King sauces allergen list
 Sandwiches - See Simply Lunch allergen list