Main Course - Week 1

	Vegetarian	Vegan	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Chicken Tikka Masala																									x				
Vegetarian Tikka Masala	x	x																							x			?	
Rice	x	x																											
Naan Bread	x	x		x		x																							
Spaghetti Meatballs				x		x																							
Quorn Meatballs	x	x	x	x		x																							
Bread				x		x																		?					
Sweetcorn	x																												
Gammon Roast																													
Quorn Roast	x																		x						x				
Roast Potatoes	x	x																											
Cabbage	x	x																											
Gravy	x	x		x		x																	x						
Jacket Potato	x	x																											
Tuna																			x	x									
Cheese	x																								x				
Beans	x	x																											
Fish Fingers				x		x														x									
Chips	x	x																											
Peas	x	x																											

Contains	x
May Contain	?
Missing Allergy Information	!