

Please see menu and key below for all Allergen information

Week commencing:

# CITY KITCHEN YOUR MENU Week ONE

Monday	Tuesday	Wednesday	Thursday	Friday
FISH FINGERS, <i>Allergen - 2 &amp; 5</i> or CHEESE ROLL <i>Allergen - 2 &amp; 7</i>	CHICKEN CURRY <b>HALAL &amp; NON HALAL</b> or JACKET POTATO with cheese or baked beans <i>Allergen - 7 or 15</i>	ROAST CHICKEN <b>HALAL &amp; NON HALAL</b> <i>Allergen - 15</i> ROAST QUORN <i>Allergen - 4 &amp; 7</i> or SAMOSAS <i>Allergen - 2 &amp; 15</i>	MAGRITA PIZZA <i>Allergen - 2, 4, 7 &amp; 15</i> or FISH AND SPRING ROLLS <i>Allergen - 2, 5 &amp; 13</i>	LAMB BURGER & BAP <b>HALAL</b> <i>Allergen - 2,7,12,13&amp;14</i> <b>NON HALAL</b> <i>Allergen - 2&amp;12</i> or QUORN BURGER & BAP <i>Allergen - 2,4,7 &amp; 12</i> FISH BURGER <i>Allergen - 2 &amp; 5</i>
CHIPS AND MIXED VEGETABLES	RICE AND MIXED VEGETABLES	YORKSHIRE PUDDING <i>Allergen - 2, 4 &amp; 7</i> MIXED VEGETABLES ROAST POTATOES	CHIPS, SWEETCORN, BAKED BEANS <i>Allergen - 15</i>	DUCHESS POTATO MIXED VEGETABLES

Daily Selection of Fresh Seasonal Salad and Fresh Bread - *Allergen-2*

EGGLESS CHOCOLATE CRUNCH <i>Allergen - 2 &amp; 7</i> or Fresh Fruit or Fruit Yoghurts <i>Allergen - 7</i>	ORANGE SPONGE CAKE WITH CUSTARD <i>Allergen - 2,4,7 &amp; 13</i> or Fresh Fruit or Fruit Yoghurts <i>Allergen - 7</i>	CHOCOLATE MUFFIN <i>Allergen - 2, 4, 7 &amp; 13</i> or Fresh Fruit or Fruit Yoghurts <i>Allergen - 7</i>	ICE CREAM <i>Allergen - 7</i> or Fresh Fruit or Fruit Yoghurts <i>Allergen - 7</i>	<b>STRAWBERRY JELLY</b> or Fresh Fruit or Fruit Yoghurts <i>Allergen - 7</i>
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## ALLERGEN KEY



1-Celery



2 - WHEAT



4-EGGS



5-FISH



7-MILK



9-MUSTARD



12-SESAME SEEDS



13-SOYA



14-SULPHURE DIOXIDE



15-Tomato

Please see menu and key below for all Allergen information

Week commencing

# CITY KITCHEN YOUR MENU Week TWO

Monday	Tuesday	Wednesday	Thursday	Friday
PORK SAUSAGE or QUORN SAUSAGE <i>Allergen - 2, 4 &amp; 7</i>	BOLOGNESE HALAL & NON HALAL <i>Allergen - 15</i>	CHICKEN ROAST, HALAL & NON HALAL <i>Allergen - 15</i> QUORN ROAST, <i>Allergen - 4 &amp; 7</i> or VEGETABLE SAMOSA <i>Allergen - 2</i>	MARGARITA PIZZA <i>Allergen - 2, 7 &amp; 15</i> or FISH FINGERS <i>Allergen 2 &amp; 5</i>	GRILLED FISH <i>Allergen - 2 &amp; 5</i> VEGGIE PASTA <i>Allergen - 2 &amp; 15</i> SPRING ROLL <i>Allergen - 2 &amp; 13</i>
POMMES <i>Allergen - 2</i> MIXED VEGETABLES	SPAGETTI <i>Allergen - 2</i> , MIXED VEGETABLES OR RICE	YORKSHIRE PUDDING, <i>Allergen - 2,4 &amp; 7</i> MIXED VEGETABLES, ROAST POTATO	CHIPS, BAKED BEANS, <i>Allergen - 15</i> SWEETCORN	DICED POTATO <i>Allergen - 2</i> MIXED VEGETABLES

Daily Selection of Fresh Seasonal Salad and Fresh Bread - *Allergen- 2*

<i>FLAPJACK</i> <i>Allergen - 7</i> Or Fresh Fruit Or Fruit Yogurt <i>Allergen - 7</i>	STRAWBERRY JELLY Or Fresh Fruit Or Fruit Yogurt <i>Allergen - 7</i>	CHOCOLATE CRACKNELL <i>Allergen - 2</i> CUSTARD <i>Allergen - 7</i> Or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	ICE CREAM <i>Allergen - 7</i> Or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	HOME MADE COOKIES <i>Allergen -2,4&amp; 13</i> Or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>
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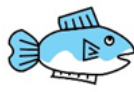
## ALLERGEN KEY



2 - Gluten



4-EGGS



5-FISH



7-MILK



12-SESAME SEEDS



13-SOYA



14-SULPHURE DIOXIDE



15-Tomato

Please see menu and key below for all Allergen information

Week commencing:

# CITY KITCHEN YOUR MENU Week THREE

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN CHOW MAIN VEGETARIAN CHOW MEIN <i>Allergen - 2</i>	TUNA PASTA <i>Allergen - 2,5 &amp; 7</i> or SAMOSAS	CHICKEN ROAST, HALAL & NON HALAL <i>Allergen - 15</i> or QUORN ROAST <i>Allergen - 4 &amp; 7</i> or SAMOSAS <i>Allergen - 2 &amp; 15</i>	MARGARITA PIZZA, <i>Allergen - 2,7 &amp; 15</i> or BAKED FISH, <i>Allergen - 2 &amp; 5</i>	CHICKEN NUGGETS HALAL – <i>Allergen 2</i> NON HALAL – <i>Allergen 1,2,4 &amp; 14</i> VEGETABLE NUGGETS <i>Allergen - 2</i>
MIXED VEGETABLES  CHIPS <i>Allergen - 7</i>	CARROTS  GARLIC BREAD <i>ALLERGEN - 2,7 &amp; 12</i>	YORKSHIRE PUDDING, <i>Allergen - 2, 4 &amp; 7</i>  MIXED VEGETABLES,  ROAST POTATOES	CHIPS,  BAKED BEANS, <i>Allergen - 15</i>  SWEETCORN	MIXED VEGETABLES,  DICED POTATO <i>Allergen - 2</i>

Daily Selection of Fresh Seasonal Salad and Fresh Bread – *Allergen-2*

CHOCOLATE SPONGE <i>Allergen - 2, 4, 7 &amp; 13</i> or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	FRUIT SPONGE WITH CUSTARD <i>Allergen 2,4,7 &amp; 13</i> or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	JELLY or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	ICE CREAM <i>Allergen- 7</i> or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>	ASSORTED MUFFINS <i>Allergen - 2, 4, 7 &amp; 13</i> or Fresh Fruit or Fruit Yogurt <i>Allergen - 7</i>
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**ALLERGEN KEY**



2 - WHEAT



4-EGGS



5-FISH



7-MILK



9-MUSTARD



12-SESAME SEEDS



13-SOYA



14-SULPHURE DIOXIDE



15-Tomato