

# MENU'S WEEKS 1 – 4 WITH ALLERGEN CHARTS

## Please see below the following list for your records

Summer =	\M/intar	2023	Lunch	Manus	wooks	1 _ /
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Allergen Chart for Lunch meals

Allergen Chart for Desserts

All meat is Halal (Except Pork)

Using low salt and sugar beans

Changed days on week 4

Removed gluten from chicken meatball allergy chart Monday week 4



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MAY 23, 2023

# **Our Kitchen to Yours**

Unit 26 Muir Place, Houston Industrial Estate, Livingston, West LothianEH54 5BF



# **Lunch Menu**

# <u>Summer 2023 – Winter 2023</u>

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Chicken tikka masala with brown rice	Fish cakes, Mash and low salt and sugar beans	Summer vegetable soup with brown bread	Pork meatballs in summer veg & tomato sauce with pasta	Beef Hotpot
Vegetarian Option	Quorn Tikka Masala with brown rice	Veggie fingers, mash and low salt and sugar beans	Same as above	Vegan meatballs in summer veg & tomato sauce with pasta	Quorn hotpot
Dairy Free Main Meal	Chicken madras curry with brown rice	Dairy free fish cakes, mash and low salt and sugar beans	Same as above	Same as main meal	Same as main meal
Dessert	Apple and sultanas compot	Fruit Smoothie	Mixed fruit salad	Mango yoghurt	Peach sponge with Raspberry sauce
Dairy free desert	Apple and sultanas with koko	Same as above	Same as above	Mango Koko	Dairy free peach sponge with raspberry sauce
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Sweet potato and carrot soup with petit pan	Chicken & Broccoli in a parsley cream sauce with brown rice	Pork and pepper casserole with baby boils	Tuna and tomato with spinach pasta bake	Mince, potatoes and vegetables
Vegetarian Option	Same as above	Vegetable & Broccoli in a parsley cream sauce with brown rice	Quorn and pepper casserole with baby boils	Vegetable and tomato with spinach pasta bake	Vegan Mince, potatoes and vegetables
Dairy Free Main Meal	Same as above	D/F chicken and broccoli in a parsley cream sauce with brown rice	Same as main meal	Same as main meal	Same as main meal
Dessert	Mini Muffin	Orange Jelly	Apple and cinnamon Sponge	Raspberry yoghurt	Fruit smoothie
Dairy free desert	Dairy free cake	Same as above	Dairy free apple and cinnamon sponge	Raspberry Koko	Same as above

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Sausage Patties in gravy with mash and veg	Apple and chicken curry with brown rice	Fish fingers with boils and low salt and sugar beans	Portuguese beef with pasta	Vegetable and lentil soup with brown bread
Vegetarian Option	Vegetable burgers with mash and veg	Apple and quorn curry with brown rice	Veggie fingers with boils and low salt and sugar beans	Portuguese quorn with pasta	Same as above
Dairy Free Main Meal	Same as main meal  Vanilla yoghurt  Same as main meal  Same as main meal  Same as main meal meal  Same as main finger with boils and low salt and sugar beans  Raspberry Jelly		Same as main meal	Same as above	
Dessert	ressert Vanilla yoghurt Victoria Sp		Raspberry Jelly	Pear and ginger sponge with custard	Mixed fruit salad
Dairy free desert	Yanilla Koko   Dairy i		Same as above	Pear dairy free sponge with Koko	Same as above
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Chicken meatballs in a mushroom gravy with brown rice	Vegetable and rice soup with petit pan	Macaroni cheese with peas and sweetcorn	Fish cakes, mash and low salt and sugar beans	Chicken hotpot
Vegetarian Option	Vegan Meatballs in a mushroom gravy with brown rice	Same as above	Same as above	Veggie fingers, mash and low salt and sugar beans	Quorn hotpot
Dairy Free Main Meal	Dairy Free Same as main Same as above		Tomato pasta with peas and sweetcorn	Dairy free fish cakes, mash and low salt and sugar beans	Same as above
Dessert	Dessert Fruit smoothie Fruit crumble with custard Stewed fruit		Stewed fruit	Chocolate and beetroot sponge	Fruit Yoghurt
Dairy free desert Same as above		Dairy free sponge	Same as above	Dairy free sponge and fruit with Koko	Fruit Koko

# Please note:

- All meat is Halal (Except Pork)
- Gluten free meals will be made to be as close to the main meal as possible.
- Pasta dishes will have gluten free pasta.
- Jelly is suitable for Vegan and Vegetarians

### Allergen Chart – Dishes and Their Allergen Content

















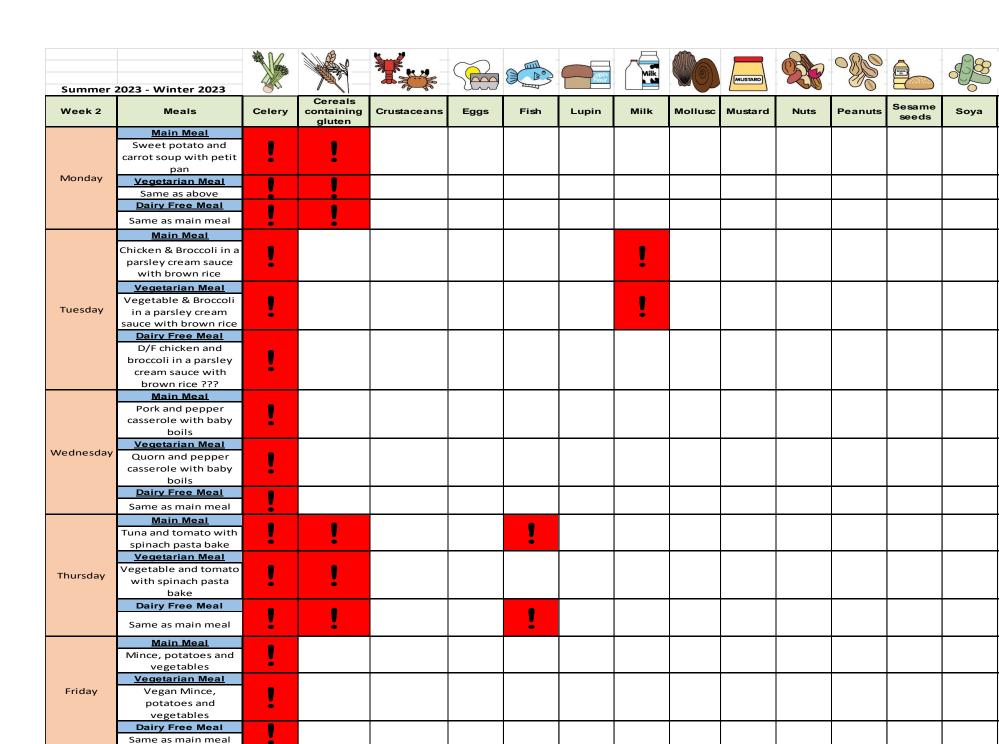






#### Summer 2023 - Winter 2023

Week 1	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	Main Meal Chicken tikka masala with brown rice		•					•		i					
Monday	Vegetarian Meal Quorn Tikka Masala with brown rice		!					•		Į					
	<u>Dairy Free Meal</u> Chicken madras curry with brown rice	•													
	main meal Fish cakes, Mash and low salt beans		•			•		•		•					
Tuesday	Vegetarian Meal Veggie fingers, mash and low salt beans		Į												
	Dairy Free Meal Dairy free fish cakes, mash and low salt beans		!			į				į					
	Main Meal Summer vegetable soup with brown bread	!	!												
Wednesday	Vegetarian Meal Same as above	1	Į.												
	Dairy Free Meal Same as above	!	Į												
	Main Meal  Pork meatballs in summer veg & tomato sauce with pasta		!												
Thursday	Vegetarian Meal Vegan meatballs in summer veg & tomato sauce with pasta		!											•	
	Dairy Free Meal  Same as main meal		!												
	<u>Main Meal</u> Beef Hotpot	!													
Friday	Vegetarian Meal  Quorn hotpot	!													
	<u>Dairy Free Meal</u> As Above Main Meal	!													



Sulphur

Dioxide



























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Summer	2023 - Winter 2023	200		08-80	لمما										
Week 3	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	Main Meal Sausage Patties in gravy with mash and veg	••													
Monday	Vegetarian Meal Vegetable burgers with mash and veg Dairy Free Meal	!													
	Same as main meal  Main Meal														
	Apple and chicken curry with brown rice  Vegetarian Meal	•													
Tuesday	Apple and quorn curry with brown rice  Dairy Free Meal	•													
	Same as main meal  Main Meal					_									
	Fish fingers with boils and low salt beans  Vegetarian Meal		ļ												
Wednesday	Veggie fingers with		i												
	Dairy Free Meal  Dairy free fish finger with boils and low salt beans		į			į									
	Main Meal Portuguese beef with pasta		Į.												
Thursday	Vegetarian Meal Portuguese quorn with pasta	!	Į												
	<u>Dairy Free Meal</u> Same as main meal	!	į												
	Main Meal  Vegetable and lentil  soup with brown  bread	!	i												
Friday	Vegetarian Meal Same as above	!	į												
	Dairy Free Meal Same as above	!	Į.												

#### Nursery Main Meal Allergy Chart Summer 2023 - Winter 2023

























Summer 2	2023 - Winter 2023					(A)	Lupin	Milk		MUSTARD			- HIMANI COL		Beer WINE
Week 4	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	<u>Main Meal</u>		<u> </u>												
	Chicken meatballs in a mushroom gravy with brown rice	!													
	<u>Vegetarian Meal</u>														
Monday	Vegan Meatballs in a mushroom gravy with brown rice	•	•											•	
	<u>Dairy Free Meal</u> Same as main meal	!													
	Main Meal Vegetable and rice soup with petit pan	!	Į.												
Tuesday	Vegetarian Meal Same as above	!	!												
	<u>Dairy Free Meal</u> Same as main meal	•	Į.												
	Main Meal  Macaroni cheese with peas and sweetcorn		•					•							
Wednesday	<u>Vegetarian Meal</u> Same as above		1												
	Dairy Free Meal Tomato pasta with peas and sweetcorn		į.												
	Main Meal Fish cakes, mash and low salt beans		!			!		!		!					
Thursday	Vegetarian Meal Veggie fingers, mash and low salt beans		!												
	Dairy Free Meal Dairy free fish cakes, mash and low salt beans		!			1									
	Main Meal Chicken hotpot	!													
Friday	Vegetarian Meal  Quorn hotpot	!													
	<u>Dairy Free Meal</u> Same as main meal														

# **Desserts**

### Nursery Pudding Allergy Chart Summer 2023 - Winter 2023



























Summer	2023 - Winter 2023					3	Flour			MUSTARD					Beer
Week 1	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	<u>Dessert</u>														
	Apple and sultanas														
Monday	compot														
,	Dairy free Dessert														
	Apple and sultanas with														
	koko <b>Dessert</b>														
	Dessert														
Tuesday	Fruit Smoothie														
	Dairy free Dessert														
	Same as above														
	<u>Dessert</u>														
	Mixed fruit salad														
Wednesday	Dairy free Dessert														
	Same as above														
	<u>Dessert</u>														
	Mango yoghurt														
Thursday	Dairy free Dessert														
	Mango Koko														
	<u>Dessert</u>														
	Peach sponge with														
	Raspberry sauce		•		•			•							
Friday	Dairy free Dessert														
	Dairy free peach														
	sponge with raspberry				•										
	sauce														

## Nursery Pudding Allergy Chart Summer 2023 - Winter 2023

























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Summer	2023 - Winter 2023	217		es les	لممل	THE STATE OF THE S								0	
Week 2	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	<u>Dessert</u>														
NA and an	Mini Muffin		•					•							
Monday	Dairy free Dessert														
	Dairy free cake		•												
	<u>Dessert</u>														
Tuesday	Orange Jelly														
Tuesday	Dairy free Dessert														
	Same as above														
	<u>Dessert</u>														
	Apple and cinnamon														
Wednesday	Sponge		•		•										
,	Dairy free Dessert														
	Dairy free apple and cinnamon sponge														
	<u>Dessert</u>														$\vdash$
	Raspberry yoghurt														
Thursday	Dairy free Dessert														
	Raspberry Koko														
	<u>Dessert</u>														
Friday	Fruit smoothie														
	Dairy free Dessert														
	Same as above														

## Nursery Pudding Allergy Chart Summer 2023 - Winter 2023

Allergen Chart – Dishes and Their Allergen Content



























#### Summer 2023 - Winter 2023

Julilliei	2023 - Winter 2023														
Week 3	Meals	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	<u>Dessert</u>														
Monday	Vanilla yoghurt														
	Dairy free Dessert														
	Vanilla Koko														
	<u>Dessert</u>														
Tuesday	Victoria Sponge				•			•							
racsaay	Dairy free Dessert														
	Dairy free cake				•										
	<u>Dessert</u>														
M/o dia o o do c	Raspberry Jelly														
Wednesday	Dairy free Dessert														
	Same as above														
	<u>Dessert</u>														
	Pear and ginger sponge														
Thursday	with custard		•		•			•							
marsaay	Dairy free Dessert														
	Pear dairy free sponge														
	with Koko		•		•										
	<u>Dessert</u>														
Friday	Mixed fruit salad														
riluay	Dairy free Dessert														
	Mixed fruit salad														

### Nursery Pudding Allergy Chart Summer 2023 - Winter 2023

