

## MENU’S WEEKS 1-4 WITH ALLERGEN CHARTS

Please see below the following list for your records

```
Summer = Winter 2023 Lunch Menus weeks 1-4
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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01501740440
MAY 23, 2023

## Our Kitchen to Yours

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

## Lunch Menu

## Summer 2023 - Winter 2023

| 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 <br> 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 <br> 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 <br> Main Meal | Same as main meal | Same as main meal | Dairy free fish finger with boils and low salt and sugar beans | Same as main meal | Same as above |
| Dessert | Vanilla yoghurt | Victoria Sponge | Raspberry Jelly | Pear and ginger sponge with custard | Mixed fruit salad |
| Dairy free desert | Vanilla Koko | Dairy free cake | 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 <br> Main Meal | Same as main meal | Same as above | Tomato pasta with peas and sweetcorn | Dairy free fish cakes, mash and low salt and sugar beans | Same as above |
| Dessert | Fruit smoothie | Fruit crumble with custard | 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 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 |
| Monday | Main Meal <br> Chicken tikka masala <br> with brown rice |  | $0$ |  |  |  |  | 0 |  | 0 |  |  |  |  |  |
|  | Vegetarian Meal Quorn Tikka Masala with brown rice |  | $0$ |  |  |  |  | ? |  | $!$ |  |  |  |  |  |
|  | Dairy Free Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Chicken madras curry with brown rice | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuesday | main meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fish cakes, Mash and low salt beans |  | - |  |  | - |  | - |  | - |  |  |  |  |  |
|  | Vegetarian Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Veggie fingers, mash and low salt beans |  | - |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy Free Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy free fish cakes, mash and low salt beans |  | $?$ |  |  | $!$ |  |  |  | $?$ |  |  |  |  |  |
| Wednesday | Main Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Summer vegetable soup with brown bread | - | - |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Vegetarian Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Same as above | - |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy Free Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Same as above | - | - |  |  |  |  |  |  |  |  |  |  |  |  |
| Thursday | Main Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Pork meatballs in summer veg \& tomato sauce with pasta |  | $\bigcirc$ |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Vegetarian Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Vegan meatballs in summer veg \& tomato sauce with pasta |  | 0 |  |  |  |  |  |  |  |  |  |  | 0 |  |
|  | Dairy Free Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Same as main meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friday | Main Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Beef Hotpot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Vegetarian Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Quorn hotpot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy Free Meal |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | As Above Main Meal | - |  |  |  |  |  |  |  |  |  |  |  |  |  |





## Desserts

Nursery Pudding Allergy Chart Summer 2023 - Winter 2023
Allergen Chart - Dishes and Their Allergen Content


Nursery Pudding Allergy Chart Summer 2023 - Winter 2023
Allergen Chart - Dishes and Their Allergen Content

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| Summer 2023 - Winter 2023 |  | $1$ | N |  | 层目 |  |  |  |  | - |  |  | $\log _{0} 8$ |  |  |
| week 2 | meals | Coler |  | cousaceas | Egss | Fis | Lopin | Mik | moluse | musasad | nus | Peanus | Seame | sova |  |
|  |  |  | ! |  | ! |  |  | ! |  |  |  |  |  |  |  |
| Monay | $\frac{\text { Diir teo osesen }}{\text { Oin }}$ |  | ! |  | ! |  |  |  |  |  |  |  |  |  |  |
|  | ${ }^{\text {osesen }}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ${ }_{\text {Tuestar }}$ | Oange elly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| nesta |  |  | ! |  | ! |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |
| Thustar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Raspemernoto |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | $\frac{\text { Dosent }}{\text { fuitsmothie }}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fridar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Nursery Pudding Allergy Chart Summer 2023 - Winter 2023


Summer 2023 - Winter 2023


## Nursery Pudding Allergy Chart Summer 2023 - Winter 2023

Allergen Chart - Dishes and Their Allergen Content

| Summer | 2023-Winter 2023 | , |  | , | L | - |  | - |  | $\square$ | , | O | - | - |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 4 | Meals | Celery | $\qquad$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | 00:00:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fruit smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy free Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fruit Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fruit crumble with custard |  | - |  |  |  |  | $\bigcirc$ |  |  |  |  |  |  |  |
| Tuesday | Dairy free Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy free sponge and fruit with Koko |  | $\bigcirc$ |  | - |  |  |  |  |  |  |  |  |  |  |
|  | Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Stewed fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wednesday | Dairy free Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Stewed fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Chocolate and beetroot sponge |  | - |  | - |  |  | - |  |  |  |  |  |  |  |
|  | Dairy free Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Dairy free sponge |  | - |  | - |  |  |  |  |  |  |  |  |  |  |
|  | Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fruit Yoghurt |  |  |  |  |  |  | - |  |  |  |  |  |  |  |
| Friday | Dairy free Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fruit Koko |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

