

# Weekly Menu Detail

September 2022 WK 3 Gayton

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
<p><b>Veggie balls in Tomato Sauce &amp; Pasta*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Soybean</p> <p>Contains Wheat</p>	<p><b>Tuna Sub roll 1/3 Brown*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Fish</p> <p>Contains Eggs</p> <p>Contains Wheat</p> <p>Contains Oats</p>	<p><b>Roast Chicken Fresh &amp; Stuffing*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Wheat</p>	<p><b>Cumberland Veg Sausage GF, Df, EF*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Soybean</p> <p>Contains Celery /Celeriac</p> <p>May Contains Milk</p> <p>Contains added Sulphur dioxide and/ or sulphites at a level &gt;10mg/kg</p> <p>Contains Wheat</p> <p>Contains Barley</p>	<p><b>Cheese Snack*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Milk</p> <p>Contains Wheat</p>
<p><b>Vegetable Chick Pea Curry</b></p>	<p><b>Tuna Sub roll 1/2 White*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Fish</p> <p>Contains Eggs</p> <p>Contains Wheat</p>	<p><b>Halal Chicken Fillet*</b></p>	<p>Contains added Sulphur dioxide and/ or sulphites at a level &gt;10mg/kg</p>	<p><b>Jacket Potato with Beans &amp; Cheese (60)*</b></p> <p>Contains Milk</p>
<p><b>Cheese Sub Roll 1/2 White*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Milk</p> <p>Contains Wheat</p>	<p><b>Vegetable Medley*</b></p>	<p><b>Quorn Roast &amp; Gravy*</b></p> <p>Contains Eggs</p> <p>Contains Milk</p> <p><a href="#">Sides</a></p>	<p><b>Sausages Thin Maloney*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains added Sulphur dioxide and/ or sulphites at a level &gt;10mg/kg</p> <p>Contains Wheat</p>	<p><b>Fish Fingers*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Fish</p> <p>Contains Wheat</p> <p><a href="#">Sides</a></p>
<p><b>Cheese Sub Roll 1/3 Brown*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Milk</p> <p>Contains Wheat</p> <p>Contains Oats</p> <p><a href="#">Sides</a></p>	<p><b>Tandoori Chicken**</b></p> <p>May Contains Cereals containing Gluten</p> <p>Contains Milk</p> <p>Contains added Sulphur dioxide and/ or sulphites at a level &gt;10mg/kg</p> <p>May Contains Wheat</p>	<p><b>Roast Potatoes Org*</b></p> <p><a href="#">Dessert</a></p>	<p><b>Oaty Cookies*</b></p> <p>Contains Cereals containing Gluten</p> <p>Contains Wheat</p> <p>May Contains Barley</p> <p>Contains Oats</p>	<p><b>Baked Beans*</b></p>
<p><b>Mixed Salad*</b></p>			<p><b>Halal Chicken Sausage *</b></p> <p>Contains Cereals containing Gluten</p>	<p><b>Tomato ketchup</b></p> <p><b>Oven chips*</b></p> <p><a href="#">Dessert</a></p> <p><b>Rice Krispie Cake**</b></p> <p>Contains Cereals containing Gluten</p>

**Baguette Chunks\***  
Contains Cereals containing  
Gluten  
Contains Wheat  
May Contains Barley  
May Contains Oats

**Carrots\***

**White Rice\***

**Coleslaw \***  
Contains Eggs

**Flatbread\***

Contains Cereals containing  
Gluten  
Contains Milk  
Contains Wheat  
[Dessert](#)

**Peach Yoghurt Flapjack**

**Dessert\*\***  
Contains Cereals containing  
Gluten  
Contains Milk  
Contains added Sulphur dioxide  
and/ or sulphites at a level  
>10mg/kg  
May Contains Wheat  
May Contains Barley

**Cheese & Tomato Pizza  
(frozen base) 6\***  
Contains Cereals containing  
Gluten  
May Contains Eggs  
Contains Milk  
Contains Wheat

**Cheese & tomato pizza brown  
base 12\***

Contains Cereals containing  
Gluten  
Contains Milk  
Contains Wheat  
[Sides](#)

**White Rice\***

**Sweetcorn\***

**Mixed Salad\***  
[Dessert](#)

**Lemon Drizzle Cake\***

Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Milk  
Contains Wheat

**Fresh Fruit Salad\***

**Fresh Fruit Salad\***

**Milk\***  
Contains Milk

Contains added Sulphur dioxide  
and/ or sulphites at a level  
>10mg/kg  
Contains Wheat  
[Sides](#)

**Mashed Potatoes\***

**Peas\***

**Yorkshire Pudding\***

Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Milk  
Contains Wheat

**Onion Gravy**

[Dessert](#)

**Fresh Fruit Salad\***

**Chocolate sponge & Chocolate**

**Custard\***  
Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Milk  
Contains Wheat

Contains Barley

**Fresh Fruit Salad\***

Contains Oats

**Fresh Fruit Salad\***