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	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide






Monday	Food Hygiene Rating– 5  Menu – Food and their Allergen content
Breakfast :	
Vegetarians :	
Lunch:	Cold meats or Mushroom, peppers and onion pasta with tomato and basil sauce(Contains durum wheat) ✖ Selection of Salads (List of allergens at salad bar) Chipped potatoes (Oil contains soya) 🌿 or Baked Jacket potatoes with cheese (Contains milk) 🥛
Vegetarians:	Mushroom, Peppers and onion pasta with tomato and basil sauce(Contains durum wheat) ✖
Dessert :	Village Dairy Low Fat Pro Biotic Yoghurt (Contains milk) 🥛
Light Tea:	<p>Children's Light Tea: Crisps (Contains gluten milk mustard and soya) ✖🥛🍷🌿 Biscuits (Contains milk gluten) 🥛 ✖ (May contain sesame and soya) 🍪🌿 Orange drink</p> <p>Adults Choice: Welsh Traditional Tea Home-made Bara brith (Contains gluten wheat eggs milk sulphur dioxide) ✖🥛🍷🌿 (May contain nuts and sesame seeds) 🍪🌿</p> <p>Welsh Cakes (Contains wheat gluten eggs milk) ✖🥛🍷 White* / Wholemeal Bread (Contains wheat barley) ✖ (May contain sesame) 🍪</p> <p>Welsh Butter Portions (Contains milk) 🥛 Welsh Mature Cheese (Contains milk) 🥛 Welsh Strawberry Jam (May contain nuts) 🍪 Tea or Coffee</p>
Supper:	Homemade 'Spaghetti Bolognese' Welsh Beef (Spaghetti contains durum wheat) ✖ Parmesan (Contains Milk) 🥛 Fish cake (Contains white fish wheat gluten) 🐟 ✖ Spaghetti in tomato sauce (Contains Wheat) ✖ New potatoes Selection of Salads (List of allergens at salad bar)
Vegetarians:	Home-made Spaghetti Bolognese' (Quorn) (Contains gluten barley milk eggs) ✖🥛🍷🌿 (May contain milk, wheat) 🥛 ✖ Spaghetti (Contains durum wheat) ✖ Home-made Spaghetti Bolognese' (Vegemince) (Contains gluten barley soya) ✖🌿 Spaghetti (Contains durum wheat) ✖
Dessert:	Ice-cream (Contains milk) 🥛


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Tuesday	Food Hygiene Rating – 5  Menu – Food and their Allergen content
Breakfast :	Cornflakes (barley) Cocopops(barley) Ricekrispies(barley)Weetabix (wheat and barley)  Home-made Muesli (Contains wheat and sulphur dioxide)  May contain barley Grapefruit Back bacon, Tomatoes and mushrooms Selection of rolls (Contains gluten)  (May contain sesame)  Butter / Flora (Contains milk)  Jam and Marmalade Tea and coffee
Vegetarians :	Roll (Contains gluten)  (May contain sesame)  Cheese (Contains milk)  baked with leeks tomato and mushrooms
Lunch:	Welsh Pork Meatballs (Contains gluten and sulphur dioxide)  (May contain soya)  Toamato and basil sauce Or Home- made Pizza (Contains wheat gluten milk)   Spicy spirals Selection of Salads (List of allergens at salad bar)
Vegetarians:	Home – made Pizza (Contains wheat gluten milk)  
Dessert :	Chocolate sponge (Contains gluten eggs milk)    White sauce (Contains milk) 
Light Tea:	Toasted Tea cake (Contains gluten) (May contain sesame)  Jam, Fresh fruit , Orange drink Tea and Coffee
Supper:	Hot Dog - Baked Welsh Pork sausage (Contains gluten soya sulphur dioxide)    Roll (Contains wheat and gluten)  (May contain sesame)  Onions Or Home made Bacon leeks and mushroom pie (Contains wheat gluten milk)   Sweet corn , Wedges (Oil conrtains soya)  Selection of Salads (List of allergens at salad bar)
Vegetarians:	Vegetable sausage (Contains gluten soya)   (May contain sesame)  Roll (Contains wheat gluten)  (May contain sesame)  Onions
Dessert:	Jelly ad cream (Contains milk) 







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Thursday	Food Hygiene Rating– 5  Menu – Food and their Allergen content
Breakfast :	Cornflakes(barley) Cocopops(barley) Ricekrispies(barley) Weetabix (wheat and barley)  Homemade Muesli (Contains wheat and sulphur dioxide)  May contain barley Grapefruit Scrambled eggs (Contains egg milk)  Baked beans mushrooms and tomatoes Toast (Contains wheat gluten soya)  Butter / Flora portion (Contains milk)  Jam Marmalade
Vegetarians :	Menu above
Lunch:	Chicken curry (Contains milk celery wheat)  Garlic and Coriander Naan (Contains wheat soya milk eggs)  (May contain traces of sesame)  Mango chutney Sambals - Cucumber Tomatoes Peppers Spring onions and fresh Mint Mixed white and brown rice Or Cold Turkey, Baguettes (Contains cereals containing gluten)  (May contain milk lupin sesame soya)  with a choice of fillings from salad bar (List of allergens at salad bar) Selection of Salads (List of allergens at salad bar)
Vegetarians:	Vegetable Balti curry
Dessert :	Iced sponge (Contains wheat gluten eggs soya) 
Light Tea:	Chef's choice Orange drink Tea or Coffee
Supper:	Welsh Beef burger (Contains gluten soya and sulphur dioxide)  Roll (Contains wheat gluten)  (May contain sesame)  Onions Or Fish (Contains wheat gluten cod)  Lemon Tartar sauce (Contains egg mustard)  (May contain celery wheat barley fish milk soya and sulphur dioxide)  Peas , Selection of Salads (List of allergens at salad bar) Chipped potatoes (Oil contains soya) 
Vegetarians:	Vegetable Burger (Contains cereals milk mustard)  Roll (Contains wheat gluten)  (May contain sesame)  Onions (Oil contains Soya)
Dessert:	Artic roll (Contains gluten egg milk soya) 



























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Friday	<p>Food Hygiene Rating– 5</p>  <p>Menu – Food and their Allergen content</p>
Breakfast :	<p>Cornflakes(barley) Cocopops (barley) Ricekrispies(barley) Weetabix (Wheat barley) ✖️ Home made Muesli (Contains wheat and sulphur dioxide) ✖️ 🍷 May contain barley</p> <p>Porridge (Contains wheat) (May contain barley) ✖️ Bagels (Contians wheat gluten) ✖️ (May contain milk sesame) 🥛🍞</p> <p>Grapefruit Toast (Contains wheat gluten soya) ✖️🌱 Butter / Flora portion (Contains milk) 🥛 Jam Marmalade</p> <p>Village Dairy Low Fat Pro Biotic Yoghurt (Contains milk) 🥛</p>
Vegetarians :	Menu Above
Choice of Lunch or Packed Lunch for the journey home :	<p>Chicken Goujons (Contains gluten soya) ✖️🌱 or Chef's choice</p> <p>Baked beans</p> <p>Sauté potatoes (Oil contains soya) 🌱</p> <p>Selection of Salads (List of allergens at salad bar)</p>
Vegetarians:	Chef's choice
Dessert :	Selection of fresh fruit
Packed Lunch:	<p>Ham roll (Contains gluten) ✖️ (May contain sesame) 🍞 Butter / Flora (Contains milk) 🥛</p> <p>Vegetarians: Cheese roll (Contains gluten milk) ✖️ (May contain sesame) 🍞 Butter / Flora (Contains milk) 🥛</p> <p>Crisps (Contains gluten milk mustard soya)</p> <p>Fresh Fruit</p> <p>Orange drink</p>

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Friday	Food Hygiene Rating– 5 
Supper:	Menu – Food and their Allergen content Chicken curry (Contains milk celery wheat)  Garlic and Coriander Naan (Contains wheat soya milk)  (May contain traces of sesame)  Mango chutney Sambals - Cucumber Tomatoes Peppers Spring onions and fresh Mint Mixed white and brown rice Or Fresh Ham with pineapple Mixed vegetables Selection of Salads (List of allergens at salad bar) Chipped potatoes (Oil contains soya) 
Vegetarians:	Vegetable Balti Curry
Dessert :	Ice-cream (Contains milk) 

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Sunday	Food Hygiene Rating– 5  Menu – Food and their Allergen content
Breakfast :	<p>Cornflakes(barley) Cocopops (barley) Ricekrispies(barley) Weetabix (Wheat barley)  Home made Muesli (Contains wheat and sulphur dioxide)   May contain barley</p> <p>Porridge (Contains wheat) (May contain barley)  Bagels (Contains wheat gluten)  (May contain milk sesame)  </p> <p>Grapefruit Toast (Contains wheat gluten soya)   Butter / Flora portion (Contains milk)  Jam Marmalade</p> <p>Village Dairy Low Fat Pro Biotic Yoghurt (Contains milk) </p>
Lunch:	<p>Welsh Beef in gravy (Contains wheat and barley)  or Cold Beef</p> <p>Yorkshire pudding (Contains wheat eggs milk)  </p> <p>Radish sauce (Contains mustard eggs milk)   </p> <p>Fresh carrots, Peas, Roast potatoes(Oil contains soya) Mashed potatoes (Contains milk) </p> <p>Gravy (Contains wheat and barley) </p>
Vegetarians:	<p>Cheese pasties (Contains gluten wheat milk)   (May contain celery and soya)  </p> <p>Vegetable gravy (Contains wheat and barley) </p>
Dessert:	<p>Fresh fruit salad - Cream (Contains milk) </p>