



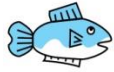
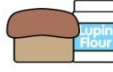
















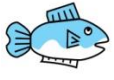
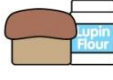










14 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

Friday	
Supper:	<p>Chicken curry (Wheat Barley Celery) (May contain Egg Milk Mustard Soya) or Ham</p> <p>Garlic and Coriander Naan (Contains Wheat Milk)</p> <p>Celtic preserve Mango chutney This product does not contain any of the FSA standard 14</p> <p>Sambals - Cucumber Tomatoes Peppers Spring onions and fresh Mint</p> <p>Long Grain rice</p> <p>Chipped Potatoes</p> <p>Selection of Salad (Mayo contains Egg Mustard – salads made with Mayo)</p>
Vegetarians:	Vegetable / Vegan Balti Curry This product does not contain any of the FSA standard 14
Vegan:	
Halal:	Halal chicken curry (Wheat Barley Celery) (May contain Egg Milk Mustard Soya)
Gluten Free:	Gluten free Balti chicken curry This product does not contain any of the FSA standard 14 or Ham
Dessert:	Ice-cream (Contains Milk) or Fresh fruit salad Cream (Contains Milk)
Vegan:	Vegan: Marios Dairy free vanilla ice cream This product does not contain any of the FSA standard 14 allergens (factory produces Milk Soya Eggs Milk Peanuts Gluten Sulphite) or Fresh fruit salad Vegan cream (May contain Milk)

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

Saturday	
Breakfast:	Cornflakes (Barley) Cocopops (Barley) Ricekrispies (Barley) Weetabix (Wheat - Barley) Gluten free Cereal (May contain Nuts) Back bacon, Lutosa Hash brown (may contain Wheat Milk Sulphur) Tomatoes and mushrooms Baked Beans Braces - Toast (contains Wheat Gluten Soya) Flora (May Contain Milk) Gluten free Toast (Contains Egg) Jam and Marmalade Tea and coffee - Orange or Apple Juice
Vegetarians: Vegan: Halal: Gluten Free:	Roll (Contains Gluten) (May contain Sesame) Cheese (Contains Milk) baked with leeks tomato and mushrooms Vegan Bacon Free (Contains Gluten (Wheat Barley Oats) Soya) (Plumtree) Halal sausage (Contains Gluten (Wheat) Sulphur) Bacon
Lunch:	Homemade Spaghetti Bolognese Welsh Beef (Spaghetti contains Durum Wheat) Parmesan (Contains Milk Egg) Or Soup of the Day Slice of Bread (contains Wheat- Gluten Soya) Flora (May Contain Milk) Garlic bread (contains Gluten Milk) May contain Soya Gluten free Garlic bread (Contains Milk Eggs) Selection of Salad (Mayo contains Egg Mustard (salads made with Mayo)) Sauté potatoes This product does not contain any of the FSA standard 14 allergens.
Vegetarians: Vegans: Halal: Gluten Free:	Vegetarian / Vegan Spaghetti Bolognese (Spaghetti contains Durum Wheat) Halal Bolognese (Spaghetti contains Durum Wheat) Homemade Spaghetti Bolognese Welsh Beef / Gluten Free Spaghetti This product does not contain any of the FSA standard 14 allergens.
Dessert:	Fruit crumble (Contains Gluten Milk) and custard (Contains milk) Gluten free fruit crumble - custard (Contains Milk) Vegan fruit crumble and custard made with Soya Milk (Contains Soya)
Light Tea:	Children's Light Tea: Crisps (Gluten free) Cheese and onion crisps (Contains milk) Fresh fruit, Orange drink Vegan: Salt and vinegar or Sea salt crisps Adults Choice: Welsh Traditional Tea - Bara brith (Contains Gluten Wheat Eggs Sulphites) May contain Soya Welsh Cakes (Contains Wheat Gluten Eggs Milk) Gluten free Welsh cake (Contains Egg Milk) Tea or Coffee Vegan: (Traybaker) chocolate and raspberry Brownie (Contains Soya)
Supper:	(Langfords) Baked Welsh Pork sausage (Contains Gluten Soya Sulphur dioxide) Adults Choice: Scampi (Contains Cereal Gluten Crustaceans - Soya) May contain Fish molluscs) Lemon wedge Tartare Sauce (Contains Egg - Mustard) Peas / Baked Beans Selection of Salad (Mayo contains Egg Mustard – salads made with Mayo) Garlic and herb potato Wedges (May contain Sulphur)
Vegetarians: Vegans: Halal: Gluten Free:	Glamorgan sausage (Contains Gluten (Wheat Mustard)) Quorn vegan sausage (Contains Gluten (Wheat)) Halal beef burger (Contains Gluten (wheat)) (Green Gourmet) Gluten free sausage (Contains Sulphur) May contain Soya)
Dessert:	Jelly and cream (Contains Milk) Vegetarian / Vegan Jelly and vegan cream (May contain Milk)

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

Sunday	
Breakfast:	<p>Cornflakes (Barley) Cocopops (Barley) Ricekrispies(Barley) Weetabix (Wheat Barley) Gluten free cereals (May contain Nuts) Porridge (Contains Wheat -Milk) (May contain Barley) (Free From) Porridge (Gluten / Milk free) (Speedibake) Crumpets (Contains Gluten (Wheat) May contain Milk Soya) Watermelon with fresh fruit topping Boiled egg (Contains Egg) Braces - Toast (Contains Wheat- Gluten- Soya) Flora portion (May contain Milk) Jam Marmalade Gluten free Toast (Contains Egg) Village Dairy Low Fat Pro Biotic Yoghurt (Contains Milk) Vegan soya yoghurt (Contains Soya May contain Nuts) (Almond, Hazelnut, Cashew) Tea / Coffee – Orange or Apple Juice</p>
Vegetarian: Vegan: Halal: Gluten Free:	<p>Above menu (Speedibake) Crumpets (Contains Gluten (Wheat) May contain Milk Soya) Above choices (Genius) Crumpets (Gluten Milk free) (Contains Egg)</p>
Lunch:	<p>Roast Beef (Celtic pride) Yorkshire pudding (Contains Wheat Eggs Milk) Radish sauce (Contains Mustard Eggs Milk) Seasonal vegetables Mashed potatoes (Contains Milk) May contain Wheat Sulphites Gluten / Dairy free mashed potatoes Roast Potatoes (Knorr) gravy This product does not contain any of the FSA standard 14 allergens. Cold Celtic pride Beef - Selection of Salad (Mayo contains Egg Mustard – salads made with Mayo)</p>
Vegetarians: Vegan: Halal: Gluten Free:	<p>(Coopers) Mushrooms, leeks, spinach, tomatoes, chickpeas, butter beans wrapped in puff pastry and topped with turmeric and poppy seeds (Contains Gluten (Wheat) Sulphites) Halal beef burger (Contains Gluten (Wheat)) Roast Beef (Celtic pride) Gluten Free Yorkshire pudding (Contains Egg Milk)</p>
Dessert:	<p>Chocolate Muffins (Contians Gluten Wheat Milk Eggs) May contain soya (Traybaker) Vegan / gluten free – Salted caramel brownie (Contains Soya)</p>

