GFM Flexibility Partnership Innovation Service
Flexible Facilities Management

Menu - Allergen Information

Meal Item Description / Summer Week 3 – Barlby	Normal day on menu	Vegan Suitable	Cereal inc Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Molluscs
Mains																
Chicken Nuggets	Monday	R	R													
Quorn Nuggets	Monday		R													
Beef Lasagne	Tuesday	R	R		Y				R					R		
Vegetable Lasagne	Tuesday	R	R		Y				R							
Garlic Bread	Tuesday	R	R					Y	Y							
Roast Beef	Wednesday	R														
Quorn Fillet	Wednesday		R													
Yorkshire Pudding	Wednesday	R	R		R				R							
Chicken Curry	Thursday	R												R		
Vegetable Curry	Thursday															
Fish Portions	Friday	R	R			R										
Vegan Fish	Friday		R													
Baguettes																
Ham		R	R					Y								
Cheese		R	R					Y	R							
Tuna Mayo		R	R		R	R		Y								
Chicken Mayo		R	R		R			Y								
Egg Mayo		R	R		R			Y								
Jacket Potatoes																

(Cell legend: R = red / contains allergen, Y = yellow / may contain)

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Item	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Jacket Potato & Baked Beans															
Jacket Potato & Tuna Mayo		Red			Red	Red									
Jacket Potato & Cheese		Red							Red						
Jacket Potato Cheese & Beans		Red							Red						
Jacket Potato Chicken Mayo		Red			Red										
Desserts															
Ice Cream	Monday	Red							Red						
Fruit Flapjack	Tuesday		Red												
Lemon Shortbread	Wednesday		Red												
Iced Sponge	Thursday	Red	Red		Red										
Fruit Salad	Friday														

Key

(light green)	Suitable	(light green) Does Not contain allergen	(yellow) May Contain this allergen.
(red)	Not suitable	(red) Contains allergen	

At GFM LTD we make every effort to ensure that clear and accurate allergen information is available to you, as required under the Food Information for Consumers regulations, concerning the 14 major allergens (Cereal, Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Lupin & Molluscs). Should you require information with regards to the specific ingredients of a dish, or allergens other than those listed, please discuss with a member of staff so that you can make an informed choice.