Lumen Learning Trust - Week 1 Menu Oct 2020 (Riverbridge)

Dish Name	Cereals Containing Glutens	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Gluten (Oats)	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites
FFL - Chicken and Tomato Pasta Bake* C	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL - Macaroni Cheese* C	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL - Traditional Beef Lasagne^	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	M	N	N	N	N
FFL Apple flapjack crumble* C	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL carrots* C	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Chocolate and Beetroot Brownie* C	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL Coleslaw	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL cucumber	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Fishcakes with Chips	Y	N	Y	N	N	N	N	Y	N	N	N	N	Y	N	N	N	Y	N
FFL Fruit Salad#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Ginger Sponge with Custard*	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N
FFL Jacket Potato Plain#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Jacket potato with beans and cheese#	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Jacket Potato with beans#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Jacket potato with cheese#	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Jacket potato with coleslaw#	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL Jacket potato with tuna mayonnaise#	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y	N	N	N	N
FFL Pork Sausages with Creamy mashed Potato and Gravy#	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y
FFL Roast Gammon with Roast Potatoes and Gravy#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Roast Veg Frittata#	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N
FFL Seasonal Vegetable #	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL shortbread#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL sweetcorn#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL tuna and Sweetcorn sandwich*	Y	Y	Y	Y	Y	N	N	Y	N	N	Y	N	N	Y	N	N	N	N
FFL Vegetable Fingers and Chips#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Vegetarian Lasagne#	Y	N	Y	N	N	N	N	N	N	N	Y	N	Y	M	N	N	N	N
FFL Vegetarian Sausage, mash potato and Gravy#	Y	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N