FUEL FOR YOUNG MINDS

Special Dietary Requirements

Dish Name	Cereals Containing Glutens	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Gluten (Oats)	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Eggs	Celery and Celeriac	Lupin	Mustard	Sulphites	Suitable for Vegetarians	Suitable for Vegans
CB - January 2019 - Week 1																		
FFL Apple Crumble with Custard*	Y		Y								Y						Y	
FFL Baked Beans*																	Y	Y
FFL BBQ Chicken with Savoury Rice*																		
FFL BBQ Quorn*												Y					Y	
FFL Carrot Cake*	Y		Y								May Contain	Y				Y	Y	
FFL Cheese and Tomato Pizza (with Potato Wedges)*	Y		Y								Y						Y	
FFL Cheese and Vegetable Flan*	Y		Y								Y	Y					Y	
FFL Cinnamon Oaty Cookie	Y		Y		Y							Y					Y	
FFL Fish fingers and chips*	Y		Y			Y												
FFL Fruit Salad*																	Y	Y
FFL Ham Pizza With Potato Wedges*	Y		Y								Y							
FFL peas																	Y	Y
FFL Roast Quorn Fillet with Roast Potatoes and Gravy*												Y					Y	
FFL Roast Turkey with Roast Potatoes and Gravy*																		
FFL Salmon Fish Fingers and Chips*	Y		Y			Y												
FFL Seasonal Vegetable *																	Y	Y
FFL shortbread*	Y		Y														Y	Y
FFL Spag bolognaise	Y		Y															
FFL Vegetable Fingers and Chips*	Y		Y														Y	Y