



**allergen information  
and dietary guide  
February 2021**



## allergen information and dietary guide

This guide lists what allergenic ingredients are contained in each of our dishes for this terms menus.

The guide also shows whether or not dishes are suitable for vegetarian or vegan customers.

As ingredients may change, it is still important that you check with the team before ordering your meal.

Coding is as follows:

● CONTAINS ● MAY CONTAIN

A dish classed as 'may contain' is due to possible contamination at factory manufacture or cross contamination.

Allergenic ingredients featured in this guide in accordance with the EU Food Information Regulation are

- celery
- cereals containing gluten
- crustaceans - such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs - such as mussels, oysters and squid
- mustard
- tree nuts - including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans
- sulphur dioxide and sulphites

If you require further information or have medical dietary needs, please contact: Sam Johnstone on 01452 527 888



CaterCater Guide Medical Diets A Parent's Guide

	MAIN	VEGGIE	JACKETS	SIDES	PUD
MONDAY	Baked Farm Assured Pork Sausage with Creamy Mash	Vegetarian Sausage with Creamy Mash	Jacket Potato Cheese & Or Beans	Garden Peas & Rich Gravy	Freshly Baked Cookie Or Fruity Yoghurt
TUESDAY	Farm Assured Chicken Tikka with Steamed Rice	Fresh Vegetable Soup and Crusty Baguette	Jacket Potato Cheese & Or Beans	Sweetcorn & Cucumber	Peach Sponge with Custard Or Fresh Fruit Pot
WEDNESDAY	Farm Assured Meatballs in Tomato Sauce with Fusilli Pasta	Lentil & Sweet Potato Curry with Wholegrain Rice	Jacket Potato Cheese & Or Beans	Tomato & Cucumber Medley	Chocolate Brownie Or Fruity Yoghurt
THURSDAY	Free Range Tender Roast Turkey	Cheese & Onion Pasty	Jacket Potato Cheese & Or Beans	Crispy Roast Potatoes with Local Vegetables	Apple & Raisin Cake Or Fresh Fruit Pot
FRIDAY	Battered Fish with Chunky Chips		Jacket Potato Cheese & Or Beans	Garden Peas Or Baked Beans	Chocolate & Vanilla Mousse Or Fruity Yoghurt

**WEEK ONE**

WEEK ONE																SUITABLE FOR	
WEEK ONE - Main Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
E	Potato with Cheese or Beans							●									
Mo	Baked Farm Assured Pork Sausage with Creamy Mash		●					●									
Mo	Vegetarian Sausage with Creamy Mash		●					●								Yes	
Tu	Farm Assured Chicken Tikka with Steamed Rice							●									
Tu	Fresh Vegetable Soup and Crusty Baguette	●	●					●								Yes	
We	Farm Assured Meatballs in Tomato Sauce with Fusilli Pasta	●	●														
We	Lentil & Sweet Potato Curry with Wholegrain Rice							●		●						Yes	
Th	Free Range Tender Roast Turkey																
Th	Cheese & Onion Pasty		●		●			●								Yes	
Fr	Battered Fish with Chunky Chips		●		●	●		●									

● CONTAINS      ● MAY CONTAIN

WEEK ONE																SUITABLE FOR	
WEEK ONE - Side Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Sugar Snap Peas															Yes	Yes
Mo	Gravy															Yes	Yes
Tu	Sweetcorn															Yes	Yes
Tu	Cucumber															Yes	Yes
We	Tomato & Cucumber Medley															Yes	Yes
We	Crispy Roast Potatoes															Yes	Yes
Th	Broccoli															Yes	Yes
Th	Carrots															Yes	Yes
Fr	Garden Peas															Yes	Yes
Fr	Baked Beans															Yes	Yes

● CONTAINS    ● MAY CONTAIN

WEEK ONE																SUITABLE FOR	
WEEK ONE - Desserts		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Freshly Baked Cookie		●		●			●								Yes	
Mo	Fruity Yoghurt							●								Yes	
Tu	Peach Sponge with Custard		●		●			●								Yes	
Tu	Fresh Fruit Pot															Yes	Yes
We	Chocolate Brownie		●		●			●								Yes	
We	Fruity Yoghurt							●								Yes	
Th	Apple & Raisin Cake		●		●			●								Yes	
Th	Fresh Fruit Pot															Yes	Yes
Fr	Chocolate & Vanilla Mousse				●			●								Yes	
Fr	Fruity Yoghurt							●								Yes	

● CONTAINS    ● MAY CONTAIN

	MAIN	VEGGIE	JACKETS	SIDES	PUD
MONDAY	Creamy Chicken Korma with Rice	Creamy Vegetable Korma with Rice	Jacket Potato Cheese & Or Beans	Crudities	Vanilla Ice Cream Or Fruity Yoghurt
TUESDAY	Hot Dog In a Bun	Vegan Hot Dog in a Bun	Jacket Potato Cheese & Or Beans	Seasoned Wedges & Coleslaw	Chocolate Sponge & Chocolate Sauce Or Fresh Fruit Pot
WEDNESDAY	Red Tractor Beef Lasagne with Garlic Bread	Fresh Tomato Soup & Crusty Baguette	Jacket Potato Cheese & Or Beans	Fresh Salad	Strawberry Jelly Pot Or Fruity Yoghurt
THURSDAY	Free Range Tender Roast Chicken	Macaroni Cheese & Garlic Bread	Jacket Potato Cheese & Or Beans	Crispy Roast Potatoes & Local Vegetables	Sticky Toffee Cake Or Fresh Fruit Pot
FRIDAY	MSC Certified Fish Cakes with Chunky Chips		Jacket Potato Cheese & Or Beans	Garden Peas Or Baked Beans	Flapjack Or Fruity Yoghurt

**WEEK TWO**

WEEK TWO																SUITABLE FOR	
WEEK TWO - Main Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
E	Jacket Potato with Cheese and Beans							●								Yes	
Mo	Creamy Chicken Korma with Rice							●									
Mo	Creamy Vegetable Korma with Rice							●								Yes	
Tu	Hot Dog in a Bun with Seasoned Wedges		●														
Tu	Vegan Hot Dog in a Bun with Seasoned Wedges		●													Yes	Yes
We	Red Tractor Beef Lasagne with Garlic Bread	●	●		●			●									
We	Fresh Tomato Soup & Crusty Baguette	●	●					●								Yes	Yes
Th	Free Range Tender Roast Chicken																
Th	Macaroni Cheese & Garlic Bread		●		●			●								Yes	
Fr	Fish Cakes with Chunky Chips		●		●	●		●									

● CONTAINS      ● MAY CONTAIN

WEEK TWO																SUITABLE FOR	
WEEK TWO - Side Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Crudities															Yes	Yes
Mo																	
Tu	Coleslaw				●											Yes	
Tu																	
We	Fresh Salad															Yes	Yes
We																Yes	
Th	Gravy															Yes	Yes
Th	Local Vegetables															Yes	Yes
Fr	Garden Peas															Yes	Yes
Fr	Baked Beans															Yes	

● CONTAINS    ● MAY CONTAIN

WEEK TWO																SUITABLE FOR	
WEEK TWO - Desserts		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Vanilla Ice Cream							●								Yes	
Mo	Fruity Yoghurt							●								Yes	
Tu	Chocolate Sponge & Chocolate Sauce		●		●			●								Yes	
Tu	Fresh Fruit Pot															Yes	Yes
We	Strawberry Jelly Pot															Yes	
We	Fruity Yoghurt							●								Yes	
Th	Sticky Toffee Cake		●		●			●								Yes	
Th	Fresh Fruit Pot															Yes	Yes
Fr	Flapjack		●													Yes	
Fr	Fruity Yoghurt							●								Yes	

● CONTAINS    ● MAY CONTAIN

# WEEK THREE

	MAIN	VEGGIE	JACKETS	SIDES	PUD
MONDAY	Red Tractor Beef Bolognese with Fusilli Pasta	Quorn Bolognese with Fusilli Pasta	Jacket Potato Cheese & Or Beans	Garlic Bread & Vegetable Crudities	Freshly Baked Cookie Or Fruity Yoghurt
TUESDAY	Sweet & Sour Chicken with Rice	Vegetarian Chilli	Jacket Potato Cheese & Or Beans	Rice, Tomato & Sweetcorn Medley	Apple Sponge with Custard Or Fresh Fruit Pot
WEDNESDAY	Mild Chilli Con Carne with Rice	Sweet Potato & Aubergine Korma with Wholegrain Rice	Jacket Potato Cheese & Or Beans	Rice, Tomato & Sweetcorn Medley	Chocolate Brownie Or Fruity Yoghurt
THURSDAY	Red Tractor Roast Gammon	Cheese & Tomato Pasta Bake	Jacket Potato Cheese & Or Beans	Crispy Roast Potatoes & Local Vegetables	Lemon Drizzle Cake Or Fresh Fruit Pot
FRIDAY	MSC Certified Fish Fingers with Chunky Chips		Jacket Potato Cheese & Or Beans	Garden Peas Or Baked Beans	Strawberry & Vanilla Mousse Or Fruity Yoghurt

WEEK THREE																	SUITABLE FOR	
WEEK THREE - Main Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans	
E	Jacket Potato Cheese and Beans							●										
Mo	Red Tractor Beef Bolognese with Fusilli Pasta	●	●		●													
Mo	Quorn Bolognese with Fusilli Pasta	●	●		●											Yes		
Tu	Sweet & Sour Chicken with Noodles	●	●		●													
Tu	Vegetarian Chilli with Rice		●		●											Yes	Yes	
We	Mild Chilli with Rice																	
We	Sweet Potato & Aubergine Korma with Rice							●								Yes	Yes	
Th	Red Tractor Roast Gamon with Roast Potatoes																	
Th	Cheese & Tomato Pasta Bake	●	●		●											Yes		
Fr	Fish Fingers with Chunky Chips		●		●	●		●										

● CONTAINS      ● MAY CONTAIN

WEEK THREE															SUITABLE FOR		
WEEK THREE - Side Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Garlic Bread		●					●								Yes	Yes
Mo	Crudities															Yes	Yes
Tu	Rice, Tomato & Sweetcorn Medley															Yes	Yes
Tu																	
We	Rice, Tomato & Sweetcorn Medley															Yes	Yes
We																	
Th																	
Th	Local Vegetables															Yes	Yes
Fr	Garden Peas															Yes	Yes
Fr	Baked Beans															Yes	

● CONTAINS    ● MAY CONTAIN

WEEK THREE															SUITABLE FOR		
WEEK THREE - Desserts		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Freshly Baked Cookie		●		●			●								Yes	
Mo	Fruity Yoghurt							●								Yes	
Tu	Apple Sponge with Custard		●		●											Yes	
Tu	Fresh Fruit Pot															Yes	Yes
We	Chocolate Brownie		●		●			●								Yes	
We	Fruity Yoghurt							●								Yes	
Th	Lemon Drizzle Cake		●		●			●								Yes	
Th	Fresh Fruit Pot															Yes	Yes
Fr	Strawberry & Vanilla Mousse				●			●								Yes	
Fr	Fruity Yoghurt							●								Yes	

● CONTAINS    ● MAY CONTAIN



# WEEK FOUR

	MAIN	VEGGIE	JACKETS	SIDES	PUD
MONDAY	Red Tractor Meatballs with Creamy Mash & Gravy	Veggie Meatballs with Creamy Mash & Gravy	Jacket Potato Cheese & Or Beans	Sweetcorn & Cucumber	Chocolate Ice Cream Or Fruity Yoghurt
TUESDAY	Hot Dog in a Bun	Vegan Hot Dog in a Bun	Jacket Potato Cheese & Or Beans	Seasoned Wedges with Coleslaw	Fruit Crumble with Custard Or Fresh Fruit Pot
WEDNESDAY	Red Tractor Beef Bolognese with Fusilli Pasta	Vegan Bean Lasagne	Jacket Potato Cheese & Or Beans	Chickpea & Sweetcorn Medley	Orange Flavour Jelly Or Fruity Yoghurt
THURSDAY	Red Tractor Roast Loin of Pork	Macaroni Cheese & Garlic Bread	Jacket Potato Cheese & Or Beans	Crispy Roast Potatoes & Local Vegetables	Iced Carrot Cake Or Fresh Fruit Pot
FRIDAY	Red Tractor Chicken Nuggets with Chunky Chips		Jacket Potato Cheese & Or Beans	Garden Peas Or Baked Beans	All Butter Flapjack Or Fruity Yoghurt

WEEK FOUR																	SUITABLE FOR	
WEEK FOUR - Main Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans	
E	Jacket Potato with Cheese and Beans							●										
Mo	Red Tractor Meatballs with Creamy Mash & Gravy							●										
Mo	Veggie Meatballs with Creamy Mash & Gravy							●								Yes		
Tu	Hot Dog in a Bun		●															
Tu	Vegan Hot Dog in a Bun	●	●													Yes	Yes	
We	Red Tractor Bolognese with Fuselli Pasta	●	●															
We	Vegan Bean Lasagne	●	●													Yes	Yes	
Th	Red Tractor Roast Pork with Roast Potatoes & Gravy																	
Th	Macaroni Cheese & Garlic Bread		●					●								Yes		
Fr	Red Tractor Chicken Nuggets with Chunky Chips		●		●			●										

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WEEK FOUR																SUITABLE FOR	
WEEK FOUR - Side Dishes		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Sweetcorn															Yes	Yes
Mo	Cucumber															Yes	Yes
Tu	Seasoned Wedges															Yes	Yes
Tu	Coleslaw				●												
We	Chickpea & Sweetcorn Medley															Yes	Yes
We																	
Th																	
Th	Local Vegetables															Yes	Yes
Fr	Garden Peas															Yes	Yes
Fr	Baked Beans															Yes	

● CONTAINS    ● MAY CONTAIN

WEEK FOUR																SUITABLE FOR	
WEEK FOUR - Desserts		Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame Seeds	Soya Bean	Sulphar Dioxide/Sulphates	Vegetarians	Vegans
Mo	Chocolate Ice Cream							●								Yes	
Mo	Fruity Yoghurt							●								Yes	
Tu	Fruit Crumble with Custard		●		●			●								Yes	
Tu	Fresh Fruit Pot															Yes	Yes
We	Orange Flavoured Jelly															Yes	
We	Fruity Yoghurt							●								Yes	
Th	Iced Carrot Cake		●		●			●								Yes	
Th	Fresh Fruit Pot															Yes	Yes
Fr	Flapjack		●													Yes	
Fr	Fruity Yoghurt							●								Yes	

● CONTAINS    ● MAY CONTAIN

CaterCater Ltd  
Unit 20.1 Highnam Business Centre, Newent Road, Highnam,  
Gloucester GL2 8DN

Tel: 01452 527 888  
Twitter: CaterCaterLtd  
Facebook: CaterCaterLtd