# Meals at Home Allergens Guide

Each day you have three savoury options to choose from and a choice of a hot or cold dessert.

We also provide a small carton of fruit juice to help with hydration and supplement your vitamin C.

This guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for the meals and food items we provide, to help you choose the right options for you.

## What are allergens?

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Celery** | **Cereals Containing Gluten** | **Crustaceans** | **Eggs** | **Fish** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |  |

We take food allergies seriously and want to make sure you feel safe when enjoying our meals. This guide is provided so that you can make an informed choice.

Please find the name of the meal or food item in the guide, which will show allergen information.

If the ingredient is not one of the 14 allergens included in this guide, please contact our  
Meals at Home service on 0191 277 3978 or email [meals@newcastle.gov.uk](mailto:meals@newcastle.gov.uk).

# Celery

## Dishes we produce that contain celery.

### Week One

**Week 1 Day 1 Monday**

* Shepherd’s Pie
* Salmon Fillet in Lemon and Herb Sauce
* Quorn Shepherd’s Pie

**Week 1 Day 2 Tuesday:** No options contain celery

**Week 1 Day 3 Wednesday**

* Mince Beef & Dumpling
* Creamed Chicken & Mushroom Pasta Bake
* Mixed Bean & Vegetable Goulash

**Week 1 Day 4 Thursday**

* Roast Chicken Fillet with Stuffing & Gravy

**Week 1 Day 5 Friday**

* Beef and Vegetable Stew with Dumpling
* Chicken Korma with Braised Rice
* Quorn and Vegetable Stew with Dumpling

**Week 1 Day 6 Saturday**

* Vegetable and Mushroom Provencale with Rice

**Week 1 Day 7 Sunday**

* Roast Pork with Yorkshire Pudding, Stuffing and Gravy
* Roast Quorn Fillet with Minted Gravy

### Week Two

**Week 2 Day 1 Monday**

* Pasta Bolognese Bake

**Week 2 Day 2 Tuesday:** No options contain celery

**Week 2 Day 3 Wednesday**

* Cottage Pie
* Quorn Cottage Pie

**Week 2 Day 4 Thursday**

* Turkey & Mushroom Pie

**Week 2 Day 5 Friday**

* Gammon Steak with Gravy

**Week 2 Day 6 Saturday**

* Chicken & Vegetable Cobbler
* Quorn & Vegetable Cobbler

**Week 2 Day 7 Sunday**

* Roast Beef and Yorkshire Pudding with Gravy
* Roast Quorn Fillet with Minted Gravy

### Week Three

**Week 3 Day 1 Monday**

* Pork Loin Chop with Apple Sauce Gravy
* Diced Quorn & Mushroom Pie

**Week 3 Day 2 Tuesday**

* Savoury Mince with Leek Dumpling
* Savoury Quorn Mince with Leek Dumpling

**Week 3 Day 3 Wednesday**

* Turkey & Ham Pie in Cream Sauce

**Week 3 Day 4 Thursday**

* Braised Steak & Onion Gravy

**Week 3 Day 5 Friday**

* Corned Beef Hot Pot
* Diced Quorn and Vegetable Hot Pot

**Week 3 Day 6 Saturday**

* Cumberland Sausage & Onion Gravy
* Quorn Sausage & Onion Gravy

**Week 3 Day 7 Sunday**

* Turkey and Yorkshire Pudding with Gravy
* Roast Quorn Fillet with Stuffing & Gravy

# Cereals Containing Gluten

## Dishes we produce with cereals containing gluten.

### Week One

**Week 1 Day 1 Monday**

* Shepherd’s Pie (wheat)
* Salmon Fillet in Lemon and Herb Sauce (wheat)
* Quorn Shepherd’s Pie (barley, oats, rye, wheat)
* Creamed Rice Pudding with Jam (barley, oats, rye, wheat)
* Shortbread Biscuit (wheat)
* Creamed Rice Pudding (barley, oats, rye, wheat)

**Week 1 Day 2 Tuesday**

* Beef Lasagne (wheat)
* Cheese and Onion Roll (wheat)
* Plum Crumble Custard (wheat)

**Week 1 Day 3 Wednesday**

* Mince Beef & Dumpling (wheat)
* Creamed Chicken & Mushroom Pasta Bake (barley, oats, rye, wheat)
* Iced Chocolate Sponge with Chocolate Sauce (wheat)
* Creamed Fruit Scone (wheat)
* Chocolate Sponge with Chocolate Sauce (wheat)

**Week 1 Day 4 Thursday**

* Roast Chicken Fillet with Stuffing & Gravy (wheat)
* Cod Fillet in Mediterranean Sauce (wheat)
* Roast Mediterranean Veg Quiche (wheat)
* Jam & Coconut Sponge (wheat)
* Cheesecake (barley, wheat)
* Vanilla Sponge (wheat)

**Week 1 Day 5 Friday**

* Beef and Vegetable Stew with Dumpling (wheat)
* Chicken Korma with Braised Rice (wheat)
* Quorn and Vegetable Stew with Dumpling (wheat)
* Semolina Mixed Fruit (wheat)
* Carrot Cake (wheat)
* Semolina Oranges (wheat)

**Week 1 Day 6 Saturday**

* Braised Lamb’s Liver with Onions (wheat)
* Turkey Escalope with Diane Sauce (barley)
* Vegetable and Mushroom Provencale with Rice (wheat)
* Eve’s Sponge Custard (wheat)
* Chocolate Brownie (wheat)

**Week 1 Day 7 Sunday**

* Roast Pork with Yorkshire Pudding, Stuffing & Gravy (wheat)
* Roast Quorn Fillet with Minted Gravy (wheat)
* Spotted Dick & Custard (wheat)

### Week Two

**Week 2 Day 1 Monday**

* Fish Pie in Parsley Sauce (wheat)
* Pasta Bolognese Bake (barley, oats, rye, wheat)
* Spinach & Ricotta Cannelloni (wheat)
* Jam Roly Poly with Custard (wheat)
* Chocolate Caramel Shortcake (wheat)

**Week 2 Day 2 Tuesday**

* Lancashire Hot Pot (wheat)
* Meat Balls with Tomato & Garlic Sauce with Spaghetti (barley, oats, rye, wheat)
* Quorn Meatballs in a Tomato Sauce with Spaghetti (barley, oats, rye, wheat)
* Lemon & Coconut Sponge Custard (wheat)
* Creamed Fruit Scone (wheat)
* Lemon Sponge Custard (wheat)

**Week 2 Day 3 Wednesday**

* Cottage Pie (wheat)
* Quiche Lorraine with Mixed Salad (wheat)
* Quorn Cottage Pie (barley, oats, rye, wheat)
* Steamed Chocolate Pudding (wheat)

**Week 2 Day 4 Thursday**

* Turkey & Mushroom Pie (wheat)
* Poached Cod with Cheese Sauce (wheat)
* Seasonal Vegetables in a Cheese Sauce (wheat)

**Week 2 Day 5 Friday**

* Gammon Steak with Gravy (wheat)
* Potato Wedges (barley)
* Creamed Rice Pudding with Peaches (barley, oats, rye, wheat)
* Lemon Drizzle Slice (wheat)

**Week 2 Day 6 Saturday**

* Chicken & Vegetable Cobbler (wheat)
* Sweet & Sour Pork with Braised Rice (barley)
* Quorn & Vegetable Cobbler (wheat)
* Pear & Blackberry Crumble with Custard (barley, oats, rye, wheat)
* Blueberry Muffin (wheat)

**Week 2 Day 7 Sunday**

* Roast Beef and Yorkshire Pudding with Gravy (wheat)
* Roast Quorn Fillet with Minted Gravy (wheat)
* Sly Cake Custard (wheat)
* Strawberry Gateau (wheat)

### Week Three

**Week 3 Day 1 Monday**

* Pork Loin Chop with Apple Sauce Gravy (wheat)
* Diced Quorn & Mushroom Pie (wheat)
* Syrup Sponge & Custard (wheat)
* Chocolate Fudge Cake (wheat)
* Vanilla Sponge & Custard (wheat)

**Week 3 Day 2 Tuesday**

* Savoury Mince with Leek Dumpling (wheat)
* Savoury Quorn Mince with Leek Dumpling (barley, oats, rye, wheat)
* Apple Pie & Custard (wheat)
* Chocolate Choux Buns (wheat)

**Week 3 Day 3 Wednesday**

* Turkey & Ham Pie in Cream Sauce (wheat)
* Cheese & Onion Quiche with Mixed Salad (wheat)
* Sticky Toffee Pudding & Custard (wheat)

**Week 3 Day 4 Thursday**

* Braised Steak & Onion Gravy (wheat)
* Mild Chicken Curry & Rice (wheat)
* Cauliflower and Broccoli Supreme (wheat)
* Eve’s Sponge & Vanilla Sauce (wheat)
* Banoffee Cheesecake (barley, wheat)

**Week 3 Day 5 Friday**

* Corned Beef Hot Pot (wheat)
* Potato Topped Fish Pie in Parsley Sauce (wheat)
* Diced Quorn and Vegetable Hot Pot (wheat)
* Sticky Orange Sponge & Custard (wheat)
* Orange Sponge & Custard (wheat)

**Week 3 Day 6 Saturday**

* Cumberland Sausage & Onion Gravy (wheat)
* Quorn Sausage & Onion Gravy (barley, rye, oats, wheat)
* Pineapple Upside Down Cake & Custard (wheat)

**Week 3 Day 7 Sunday**

* Turkey and Yorkshire Pudding with Gravy (wheat)
* Roast Quorn Fillet with Stuffing & Gravy (wheat)
* Ginger Cake & Custard (wheat)
* Victoria Sponge (wheat)

# Crustaceans

## Dishes we produce that contain crustaceans.

None of our options during these three weeks contain crustaceans.

# Eggs

## Dishes we produce that contain eggs

### Week One

**Week 1 Day 1 Monday**

* Quorn Shepherd’s Pie

**Week 1 Day 2 Tuesday:** No option contains eggs

**Week 1 Day 3 Wednesday**

* Iced Chocolate Sponge with Chocolate Sauce
* Creamed Fruit Scone
* Chocolate Sponge with Chocolate Sauce

**Week 1 Day 4 Thursday**

* Roast Mediterranean Veg Quiche
* Jam & Coconut Sponge
* Vanilla Sponge

**Week 1 Day 5 Friday**

* Quorn and Vegetable Stew with Dumpling
* Carrot Cake

**Week 1 Day 6 Saturday**

* Eve’s Sponge Custard
* Chocolate Brownie

**Week 1 Day 7 Sunday**

* Roast Pork with Yorkshire Pudding, Stuffing & Gravy
* Ham Salad with Coleslaw and Potato Salad
* Roast Quorn Fillet with Minted Gravy

### Week Two

**Week 2 Day 1 Monday**

* Spinach & Ricotta Cannelloni

**Week 2 Day 2 Tuesday**

* Quorn Meatballs in a Tomato Sauce with Spaghetti
* Lemon & Coconut Sponge Custard
* Creamed Fruit Scone
* Lemon Sponge Custard

**Week 2 Day 3 Wednesday**

* Quiche Lorraine with Mixed Salad
* Quorn Cottage Pie
* Steamed Chocolate Pudding

**Week 2 Day 4 Thursday:** No options contain eggs

**Week 2 Day 5 Friday**

* Lemon Drizzle Slice

**Week 2 Day 6 Saturday**

* Chicken & Vegetable Cobbler
* Quorn & Vegetable Cobbler
* Blueberry Muffin

**Week 2 Day 7 Sunday**

* Roast Beef and Yorkshire Pudding with Gravy
* Cheese Salad with Coleslaw and Potato Salad
* Roast Quorn Fillet with Minted Gravy
* Duchess Potato
* Strawberry Gateau

### Week Three

**Week 3 Day 1 Monday**

* Diced Quorn & Mushroom Pie
* Syrup Sponge & Custard
* Chocolate Fudge Cake
* Vanilla Sponge & Custard

**Week 3 Day 2 Tuesday**

* Savoury Quorn Mince with Leek Dumpling
* Apple Pie & Custard
* Chocolate Choux Buns

**Week 3 Day 3 Wednesday**

* Cheese and Onion Quiche with Mixed Salad
* Sticky Toffee Pudding & Custard

**Week 3 Day 4 Thursday**

* Cauliflower and Broccoli Supreme
* Eve’s Sponge & Vanilla Sauce

**Week 3 Day 5 Friday**

* Diced Quorn and Vegetable Hot Pot
* Sticky Orange Sponge & Custard
* Eton Mess
* Orange Sponge & Custard

**Week 3 Day 6 Saturday**

* Quorn Sausage & Onion Gravy
* Pineapple Upside Down Cake & Custard

**Week 3 Day 7 Sunday**

* Turkey and Yorkshire Pudding with Gravy
* Salmon Salad with Coleslaw & Parsley Potato
* Roast Quorn Fillet with Stuffing & Gravy
* Ginger Cake & Custard
* Victoria Sponge

# Fish

## Dishes we produce that contain fish.

### Week One

**Week 1 Day 1 Monday**

* Salmon Fillet in Lemon and Herb Sauce

**Week 1 Day 2 Tuesday:** No options contain fish

**Week 1 Day 3 Wednesday:** No options contain fish

**Week 1 Day 4 Thursday**

* Cod Fillet in Mediterranean Sauce

**Week 1 Day 6 Saturday**

* Turkey Escalope with Diane Sauce

**Week 1 Day 7 Sunday:** No options contain fish

### Week Two

**Week 2 Day 1 Monday**

* Fish Pie Parsley Sauce

**Week 2 Day 2 Tuesday:** No options contain fish

**Week 2 Day 3 Wednesday:** No options contain fish

**Week 2 Day 4 Thursday**

* Poached Cod with Cheese Sauce

**Week 2 Day 5 Friday:** No options contain fish

**Week 2 Day 6 Saturday:** No options contain fish

**Week 2 Day 7 Sunday:** No options contain fish

### Week Three

**Week 3 Day 1 Monday:** No options contain fish

**Week 3 Day 2 Tuesday**

* Mackerel Fillet with Herb & Tomato Sauce

**Week 3 Day 3 Wednesday:** No options contain fish

**Week 3 Day 4 Thursday:** No options contain fish

**Week 3 Day 5 Friday**

* Potato Topped Fish Pie in Parsley Sauce

**Week 3 Day 7 Sunday**

* Salmon Salad with Coleslaw & Parsley Potato

# Lupin

## Dishes we produce that contain lupin.

None of our options during these three weeks contain lupin.

# Milk

## Dishes we produce that contain milk.

### Week One

**Week 1 Day 1 Monday**

* Salmon Fillet in Lemon & Herb Sauce
* Creamed Rice Pudding with Jam
* Creamed Rice Pudding

**Week 1 Day 2 Tuesday**

* Beef Lasagne
* Cheese and Onion Roll
* Plum Crumble Custard
* Chocolate Mousse

**Week 1 Day 3 Wednesday**

* Creamed Chicken & Mushroom Pasta Bake
* Mixed Bean & Vegetable Goulash
* Creamed Potato
* Iced Chocolate Sponge with Chocolate Sauce
* Creamed Fruit Scone
* Chocolate Sponge with Chocolate Sauce

**Week 1 Day 4 Thursday**

* Roast Mediterranean Veg Quiche
* Jam & Coconut Sponge
* Cheesecake
* Vanilla Sponge

**Week 1 Day 5 Friday**

* Beef and Vegetable Stew with Dumpling
* Chicken Korma with Braised Rice
* Semolina Mixed Fruit
* Semolina Oranges

**Week 1 Day 6 Saturday**

* Turkey Escalope with Diane Sauce
* Vegetable and Mushroom Provencale with Rice
* Mashed Potato
* Eve’s Sponge Custard
* Chocolate Brownie
* Fruit & Yoghurt

**Week 1 Day 7 Sunday**

* Roast Pork with Yorkshire Pudding, Stuffing & Gravy
* Creamed Potato
* Spotted Dick & Custard
* Mixed Fruit Trifle

### Week Two

**Week 2 Day 1 Monday**

* Fish Pie in Parsley Sauce
* Spinach & Ricotta Cannelloni
* Jam Roly Poly with Custard
* Chocolate Caramel Shortcake
* Yoghurt & Fruit

**Week 2 Day 2 Tuesday**

* Lemon & Coconut Sponge Custard
* Creamed Fruit Scone
* Lemon Sponge Custard

**Week 2 Day 3 Wednesday**

* Cottage Pie
* Quiche Lorraine with Mixed Salad
* Quorn Cottage Pie
* Steamed Chocolate Pudding
* Trifle

**Week 2 Day 4 Thursday**

* Turkey & Mushroom Pie
* Poached Cod with Cheese Sauce
* Seasonal Vegetables in a Cheese Sauce
* Spiced Apple & Vanilla Sauce
* Chocolate Mousse with Oranges

**Week 2 Day 5 Friday**

* Creamed Rice Pudding with Peaches
* Lemon Drizzle Slice

**Week 2 Day 6 Saturday**

* Chicken & Vegetable Cobbler
* Quorn & Vegetable Cobbler
* Pear & Blackberry Crumble with Custard
* Blueberry Muffin

**Week 2 Day 7 Sunday**

* Roast Beef and Yorkshire Pudding with Gravy
* Cheese Salad with Coleslaw and Potato Salad
* Duchess Potato
* Sly Cake Custard
* Strawberry Gateau
* Strawberry Mousse

### Week Three

**Week 3 Day 1 Monday**

* Champ Mash
* Syrup Sponge & Custard
* Chocolate Fudge Cake
* Vanilla Sponge & Custard

**Week 3 Day 2 Tuesday**

* Apple Pie & Custard
* Chocolate Choux Buns
* Strawberry Mousse

**Week 3 Day 3 Wednesday**

* Turkey & Ham Pie in Cream Sauce
* Cheese and Onion Quiche with Mixed Salad
* Sticky Toffee Pudding & Custard
* Jelly & Fruit

**Week 3 Day 4 Thursday**

* Cauliflower and Broccoli Supreme
* Creamed Potato
* Eve’s Sponge & Vanilla Sauce
* Banoffee Cheesecake

**Week 3 Day 5 Friday**

* Potato Topped Fish Pie in Parsley Sauce
* Sticky Orange Sponge & Custard
* Eton Mess
* Orange Sponge & Custard

**Week 3 Day 6 Saturday**

* Chicken Korma with Pilau Rice
* Quorn Sausage & Onion Gravy
* Creamed Potato
* Pineapple Upside Down Cake & Custard
* Fruit Fool

**Week 3 Day 7 Sunday**

* Turkey and Yorkshire Pudding with Gravy
* Mashed Potato
* Ginger Cake & Custard

# Mollusc

## Dishes we produce that contain mollusc.

None of our options during these three weeks contain mollusc

# Mustard

## Dishes we produce that contain mustard.

### Week 1

**Week 1 Day 1 Monday:** No options contain mustard

**Week 1 Day 2 Tuesday**

* Cheese and Onion Roll

**Week 1 Day 3 Wednesday**

* Mixed Bean & Vegetable Goulash

**Week 1 Day 4 Thursday:** No options contain mustard

**Week 1 Day 5 Friday:** No options contain mustard

**Week 1 Day 6 Saturday**

* Turkey Escalope with Diane Sauce
* Vegetable and Mushroom Provencale with Rice

**Week 1 Day 7 Sunday:** No options contain mustard

### Week Two

**Week 2 Day 1 Monday:** No options contain mustard

**Week 2 Day 2 Tuesday:** No options contain mustard

**Week 2 Day 3 Wednesday**

* Quiche Lorraine with Mixed Salad

**Week 2 Day 4 Thursday**

* Seasonal Vegetables in a Cheese Sauce

**Week 2 Day 5 Friday:** No options contain mustard

**Week 2 Day 6 Saturday:** No options contain mustard

**Week 2 Day 7 Sunday:** No options contain mustard

### Week Three

**Week 3 Day 1 Monday:** No options contain mustard

**Week 3 Day 2 Tuesday:** No options contain mustard

**Week 3 Day 3 Wednesday**

* Cheese & Onion Quiche with Mixed Salad

**Week 3 Day 4 Thursday**

* Cauliflower and Broccoli Supreme

# Nuts

## Dishes we produce that contain nuts.

### Week One

**Week 1:** No options contain nuts

### Week Two

**Week 2 Day 1 to Day 6:** No options on these days contain nuts

**Week 2 Day 7 Sunday**

* Strawberry Gateau

### Week Three

**Week 3:** No options contain nuts

# Peanuts

## Dishes we produce that contain peanuts.

### Week One

**Week 1:** No options contain peanuts

### Week Two

**Week 2 Day 1 to Day 6:** No options on these days contain peanuts

**Week 2 Day 7 Sunday**

* Strawberry Gateau

### Week Three

**Week 3:** No options contain peanuts

# Sesame Seeds

## Dishes we produce that contain sesame seeds.

None of our options during these three weeks contain sesame seeds.

# Soya

## Dishes we produce that contain soya.

### Week One

**Week 1 Day 1 Monday:** No options contain soya

**Week 1 Day 2 Tuesday**

* Cheese and Onion Roll
* Roast Potato

**Week 1 Day 3 Wednesday**

* Mixed Bean & Vegetable Goulash
* Iced Chocolate Sponge with Chocolate Sauce
* Creamed Fruit Scone
* Chocolate Sponge with Chocolate Sauce

**Week 1 Day 4 Thursday**

* Roast New Potato
* Jam & Coconut Sponge
* Cheesecake

**Week 1 Day 5 Friday**

* Chicken Korma with Braised Rice
* Carrot Cake

**Week 1 Day 6 Saturday:** No options contain soya

**Week 1 Day 7 Sunday**

* Roast Quorn Fillet with Minted Gravy
* Roast Potato

### Week Two

**Week 2 Day 1 Monday**

* Chocolate Caramel Shortcake

**Week 2 Day 2 Tuesday**

* Meat Balls with Tomato & Garlic Sauce with Spaghetti
* Lemon & Coconut Sponge Custard
* Creamed Fruit Scone
* Lemon Sponge Custard

**Week 2 Day 3 Wednesday**

* Roast Potato
* Steamed Chocolate Pudding

**Week 2 Day 4 Thursday:** No options contain soya

**Week 2 Day 5 Friday**

* Mixed Bean and Vegetable Chilli with Rice
* Lemon Drizzle Slice

**Week 2 Day 6 Saturday**

* Chicken & Vegetable Cobbler
* Quorn & Vegetable Cobbler
* Blueberry Muffin

**Week 2 Day 7 Sunday**

* Roast Quorn Fillet with Minted Gravy
* Roast Parsnips
* Roast Potato

### Week Three

**Week 3 Day 4 Thursday**

* Banoffee Cheesecake

**Week 3 Day 5 Friday**

* Corned Beef Hot Pot
* Diced Quorn and Vegetable Hot Pot

**Week 3 Day 6 Saturday**

* Chicken Korma with Pilau Rice
* Pineapple Upside Down Cake & Custard

**Week 3 Day 7 Sunday**

* Roast Potato

# Sulphur Dioxide

## Dishes we produce that contain sulphur dioxide.

### Week One

**Week 1 Day 1 Monday**

* Shepherd’s Pie
* Salmon Fillet in Lemon and Herb Sauce
* Quorn Shepherd’s Pie
* Parsley Potato

**Week 1 Day 2 Tuesday**

* Roast Potato

**Week 1 Day 3 Wednesday**

* Creamed Potato

**Week 1 Day 4 Thursday**

* Roast New Potato

**Week 1 Day 5 Friday**

* Swede Mash

**Week 1 Day 6 Saturday**

* Turkey Escalope with Diane Sauce
* Mashed Potato

**Week 1 Day 7 Sunday**

* Ham Salad with Coleslaw and Potato Salad
* Creamed Potato
* Roast Potato

### Week Two

**Week 2 Day 1 Monday**

* Fish Pie in Parsley Sauce
* Baby Boiled Potato

**Week 2 Day 2 Tuesday**

* Lancashire Hot Pot
* Meat Balls with Tomato & Garlic Sauce with Spaghetti
* Boiled Potato

**Week 2 Day 3 Wednesday**

* Cottage Pie
* Quorn Cottage Pie
* Root Mash
* Roast Potato

**Week 2 Day 4 Thursday**

* Parsley Potato

**Week 2 Day 5 Friday:** No options contain sulphur dioxide

**Week 2 Day 6 Sunday:** No options contain sulphur dioxide

**Week 2 Day 7 Sunday**

* Duchess Potato
* Roast Potato

### Week Three

**Week 3 Day 1 Monday**

* Champ Mash

**Week 3 Day 2 Tuesday**

* Boiled Potato
* Chocolate Choux Buns

**Week 3 Day 3 Wednesday**

* Butter Beans
* Baby Boiled Potato

**Week 3 Day 4 Thursday**

* Creamed Potato

**Week 3 Day 5 Friday**

* Corned Beef Hot Pot
* Potato Topped Fish Pie in Parsley Sauce
* Diced Quorn and Vegetable Hot Pot
* Parsley Potato

**Week 3 Day 6 Saturday**

* Cumberland Sausage & Onion Gravy
* Creamed Potato
* Pineapple Upside Down Cake & Custard

**Week 3 Day 7 Sunday**

* Roast Potato
* Mashed Potato