



WEEK 1 MENU

IMPORTANT INFORMATION:

The content of this document is a guide. On occasions menus, ingredients and products may have to be substituted.

Nut-Free Kitchens: Yes Chef do not use any nuts in our menus, or keep nuts in our kitchens. However, we cannot guarantee that the ingredients we get from our suppliers are made in nut-free factories.

Other Allergies: The kitchen areas are carefully cleaned where we prepare allergen meals and we keep all allergy-causing foods separately. However, tiny bits of food can sometimes spread in the kitchen air or through shared equipment. This is called "cross-contamination" and "airborne allergens." While we do everything we can to minimise this risk, we cannot completely eliminate it and therefore we cannot accept responsibility for airborne allergens.

Yes Chef Catering cannot be held responsible for your child sitting next to another person with a meal that is not allergen free.

We also cannot be responsible if your child eats from another child's plate or is given food from someone who does not work for Yes Chef Catering.



INGREDIENTS AND ALLERGENS

BREADED FISHFINGERS

Breaded Fishfingers (FISH) (GLUTEN)

Penne Pasta (GLUTEN)

Fresh Basil

Garlic Granules

Oil

Sweetcorn

Served with mixed salad

Gluten Free Pasta

Gluten Free Fishfingers

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGGIE CAKE

Vegetable Cake (GLUTEN)

Penne Pasta (GLUTEN)

Fresh Basil

Garlic Granules

Oil

Sweetcorn

Mixed Salad

Gluten Free Pasta

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

SCHOOL SPRINKLE CAKE

Self Raising Flour (**GLUTEN**)

kerrymaid Baking Blocks

Granulated Sugar

Eggs (**EGG**)

Vanilla Essence

Icing Sugar

Sprinkles

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

YES CHEF CHICKEN CURRY

Chicken Breast Diced
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red Lentils
Chopped Tomatoes
Coconut Milk
Stock
Seasoning
Sugar
Basmati Rice
Naan Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

YES CHEF HALAL CHICKEN CURRY

Halal Chicken Breast Diced

Curry Powder

Garlic Granules

Paprika

Diced Onions

Red Lentils

Chopped Tomatoes

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

Naan Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

YES CHEF VEGGIE CURRY

Cauliflower
Sweet Potato
Mushrooms
Curry Powder
Garlic Granules
Paprika
Diced Onions
Red Lentils
Red Peppers
Chopped Tomatoes
Coconut Milk
Stock
Seasoning
Sugar
Basmati Rice
Naan Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

MELON SLICES

Watermelons

Honeydew Melons

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

ROAST DINNER PORK

Roast Pork

Seasoning

Roast Potatoes

Gravy

Stuffing Mix (**GLUTEN**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL ROAST CHICKEN

Halal Roast Chicken
Seasoning
Roast Potatoes
Gravy
Stuffing Mix (**GLUTEN**)
Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CAULIFLOWER & BROCOLLI TRAY BAKE

Broccoli
Cauliflower
Diced Potatoes
Seasoning
Cheese (MILK)
Cream (MILK)
Roast Potatoes
Gravy
Stuffing Mix (GLUTEN)
Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

YES CHEF SUMMER FRUITS CRUMBLE AND CREAM

Crumble Mix (**GLUTEN**)

Solid Pack Apples

Frozen Summer Fruits/Berries

Brown Sugar

Cinnamon

Cream (**MILK**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

BEEF BOLOGNAISE

Minced Beef
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Spaghetti (**GLUTEN**)
Gluten Free Pasta
Tomato Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL LAMB BOLOGNESE

Minced Halal Lamb
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Spaghetti (**GLUTEN**)
Gluten Free Pasta
Tomato Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

ROASTED VEGETABLE BOLOGNAISE

Quorn Mince
Diced Onions
Grated Carrot
Celery (**CELERY**)
Garlic Granules
Leeks
Oregano
Salt
Pepper
Paprika
Chopped Tomatoes
Spaghetti (**GLUTEN**)
Gluten Free Pasta
Tomato Salad

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VANILLA SHORTBREAD

Flour (**GLUTEN**)
Dairy Free butter
Sugar
Vanilla Essence

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

BEEF BURGER

Beef Burger (GLUTEN), (SOYA) (SULPHITES)

Bread Roll (GLUTEN)

Skin on Wedges

Baked Beans

Gluten Free Roll

Gluten Free Burgers

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL BEEF BURGER

Halal Beef Burger (GLUTEN), (SOYA) & (SULPHITES)

Bread Roll (GLUTEN)

Skin on Wedges

Baked Beans

Gluten free Roll

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

BBQ GLAZED HALLOUMI BURGER

Bbq Sauce

Halloumi (DAIRY)

Bread Roll (GLUTEN)

Skin on Wedges

Baked Beans

Gluten free Roll

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INGREDIENTS AND ALLERGENS

ICE CREAM MESS

Vanilla Ice Cream (DAIRY)
Crushed Meringue
Mixed Summer Fruits

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INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS, MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

THE 14 ALLERGENS:

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WEEK 2 MENU

IMPORTANT INFORMATION:

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INGREDIENTS AND ALLERGENS

AMERICAN HOT SUB ROLL (WITH BOTH HOT & COLD FILLINGS)

Peiti Pain Roll (**GLUTEN**)

BBq Meatballs (**GLUTEN**) (**SOYA**)

Halal Fajita Chicken & Peppers

Quorn & Peppers

Tuna Mayonaise (**EGG**)

Grated Cheese (**DAIRY**)

Macaroni Cheese (**DAIRY**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

FRUIT YOGURT

Fruit Yogurt (DAIRY)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

STICKY BBQ CHICKEN

Chicken Strips

Diced Onions

Mixed peppers

Bbq Sauce

Plain Tortilla Wrap (**GLUTEN**)

Long Grain Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL STICKY BBQ CHICKEN

HalalChicken Strips

Diced Onions

Mixed peppers

Bbq Sauce

Plain Tortilla Wrap (**GLUTEN**)

Long Grain Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

SWEET & SOUR VEGETABLES

White wine Vinegar
Sugar
Ketchup
Tinned Pineapples
Broccoli
Sugarsnap Peas
Carrots
Peppers
Long grain Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

FRUIT FLAPJACK

Oats (**GLUTEN**)

Kerrymaid Baking Blocks

Golden Syrup

Tinned Apples

Raisins



INGREDIENTS AND ALLERGENS

ROAST DINNER (CHICKEN)

Roast Chicken Breast

Seasoning

Roast Potatoes

Gravy

Yorkshire Puddings (**GLUTEN, EGGS & MILK**)

Gluten Free Yorkshire Puddings (**EGG & MILK**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL ROAST DINNER (CHICKEN)

Halal Roast Chicken Breast

Seasoning

Roast Potatoes

Gravy

Yorkshire Puddings (**GLUTEN, EGGS & MILK**)

Gluten Free Yorkshire Puddings (**EGG & MILK**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

QUORN VEGETARIAN ROAST

Quorn Vegetarian Roast (EGG & MILK)

Roast Potatoes

Gravy

Yorkshire Puddings (GLUTEN, EGG & MILK)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CHOCOLATE CORNFLAKE CAKE

Cocoa Powder
Kerrymaid Baking Blocks
Golden Syrup
Cornflakes (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HONEY GLAZED PORK SAUSAGES

Pork Sausages (GLUTEN)

Honey

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

HALAL HONEY GLAZED CHICKEN SAUSAGES

Halal Chicken Sausages

Honey

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HONEY GLAZED VEGAN SAUSAGES

Vegan Quorn Sausages (GLUTEN)

Honey

Hash Brown

Baked Beans

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

PINEAPPLE UPSIDE DOWN CAKE

Self Raising Flour (**GLUTEN**)

Granulated Sugar

kerrymaid Butter

Eggs (**EGGS**)

Pineapple Rings

Brown Sugar

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

PIZZA

Thin n Crispy 12inch Pizza Base (**GLUTEN**)

Pepperoni

Pizza Sauce

Analogue Mild Grated Cheese (**DAIRY**)

Herby Diced Potatoes

Gluten Free Pizza (**MILK**)

MILK Free Pizza (**GLUTEN**)

Sweetcorn

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

SUGAR RING DOUGHNUT

Sugar Ring Doughnut (MILK) (EGGS) (GLUTEN) (SOYA)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS & MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



WEEK 3 MENU

IMPORTANT INFORMATION:

The content of this document is a guide. On occasions menus, ingredients and products may have to be substituted.

Nut-Free Kitchens: Yes Chef do not use any nuts in our menus, or keep nuts in our kitchens. However, we cannot guarantee that the ingredients we get from our suppliers are made in nut-free factories.

Other Allergies: The kitchen areas are carefully cleaned where we prepare allergen meals and we keep all allergy-causing foods separately. However, tiny bits of food can sometimes spread in the kitchen air or through shared equipment. This is called "cross-contamination" and "airborne allergens." While we do everything we can to minimise this risk, we cannot completely eliminate it and therefore we cannot accept responsibility for airborne allergens.

Yes Chef Catering cannot be held responsible for your child sitting next to another person with a meal that is not allergen free.

We also cannot be responsible if your child eats from another child's plate or is given food from someone who does not work for Yes Chef Catering.



INGREDIENTS AND ALLERGENS

ROASTED RED PEPPER PESTO PASTA

Red Peppers

Onions

Corgettes

Chopped Tomatoes

Basil

Garlic Granules

Fusili Pasta (**GLUTEN**)

Free From Gluten Pasta

Garlic Bread (**GLUTEN**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

MOUSSE

G/F Strawberry Mousse (DAIRY)

G/F Chocolate Mousse (DAIRY)

G/F Banana Mousse (DAIRY)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

KATSU CHICKEN CURRY

Breaded Chicken Steak (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL KATSU CURRY

Halal Breaded Chicken Steak (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGGIE KATSU CURRY

Daloon Veggie Burger (**GLUTEN**)

Curry Powder

Garlic Granules

Paprika

Diced Onions

Grated Carrot

Coconut Milk

Stock

Seasoning

Sugar

Basmati Rice

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CHEESECAKE

Digestive Biscuits (**GLUTEN**)

Kerrymaid Baking Blocks

Cheesecake Filling Mix (**DAIRY**)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

ROAST DINNER (TURKEY)

Roast Turkey

Seasoning

Roast Potatoes

Gravy

Yorkshire Puddings (**GLUTEN, EGGS & MILK**)

Gluten Free Yorkshire Puddings (**EGG & MILK**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

ROAST DINNER- HALAL CHICKEN

Halal Chicken Breast

Roast Potatoes

Gravy

Yorkshire Puddings (EGG, MILK & GLUTEN)

Gluten Free Yorkshire Pudding (MILK & EGG)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

LEEK AND POTATO PIE

Puff Pastry (**GLUTEN**)

Leeks

Potatoes

Bechamel Sauce (**DAIRY**)

Grated Cheese (**DAIRY**)

Roast Potatoes

Gravy

Yorkshire Puddings (**EGG, MILK & GLUTEN**)

Gluten Free Yorkshire Puddings (**EGG & MILK**)

Mixed Vegetables

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

FRUIT PLATTERS

Watermelon
Honeydew Melon
Large Oranges
Pineapple
Plums
Kiwi
Red Grapes
Green Grapes

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

PORK MEATBALLS IN TOMATO & OREGANO SAUCE

Pork Meatballs (**GLUTEN & SOYA**)

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Pepper

Carrots

Leeks

Stock

Gluten Free Pork Meatballs

Pasta Twists (**GLUTEN**)

Gluten Free Pasta

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL LAMB MEATBALLS IN TOMATO & OREGANO SAUCE

Halal Lamb Mince
Breadcrumbs (**GLUTEN**)
Diced Onions
Chopped Tomatoes
Garlic Granules
Mixed Herbs
oregano
Pepper
Carrots
Leeks
Stock
Gluten Free Lamb Meatballs
Pasta Twists (**GLUTEN**)
Gluten Free Pasta

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

QUORN BALLS IN TOMATO & OREGANO SAUCE

Quorn Balls (**GLUTEN**)

Diced Onions

Chopped Tomatoes

Garlic Granules

Mixed Herbs

Oregano

Pepper

Carrots

Leeks

Stock

Pasta Twists (**GLUTEN**)

Gluten Free Pasta

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

CHOCOLATE BROWNIE

Chocolate Brownie Mix (GLUTEN & EGG)

THE 14 ALLERGENS:

Celery, Cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts).



INGREDIENTS AND ALLERGENS

AMERICAN PORK HOT DOG

Pork Hot dogs (**CELERY**)

Hotdog Roll (**GLUTEN**)

Gluten Free Roll

Double Crunch Seasoned Wedges

Baked Beans

Gluten Free Roll

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

HALAL TURKEY HOT DOG

Halal Turkey Hot dogs

Hotdog Roll (**GLUTEN**)

Gluten Free Roll

Double Crunch Seasoned Wedges

Baked Beans

Gluten Free Roll

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

VEGAN HOT DOG

Quorn Vegan Hot dogs (**GLUTEN**)
Hotdog Roll (**GLUTEN**)
Double Crunch Seasoned Wedges
Baked Beans
Gluten Free Roll

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

FRUIT JELLY

Bags Raspberry Jelly Crystals (**GELETINE**)
Bags Strawberry Jelly Crystals (**GELETINE**)
Bags Orange Jelly Crystals (**GELETINE**)
Tinned Fruit Cocktail

Halal/Vegetarian Jelly Tubs

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).



INGREDIENTS AND ALLERGENS

DAILY SALAD BAR

Carrots

Coleslaw (EGGS & MUSTARD)

Cous Cous (GLUTEN)

Cucumber

Greek Salad – Sunflower or Rapeseed oil, Tomatoes, Cucumber, Peppers, Lemon Juice, Oregano

Lettuce

Mixed salad

Pasta (GLUTEN)

Pasta with Garlic, Vegetable Oil & Seasoning (GLUTEN)

Peppers

Potato Salad with Mayonnaise (EGGS & MUSTARD)

Rice Salad

Sugar Snap Peas

Sweetcorn

Tuna Mayonnaise Pasta (GLUTEN, EGGS, FISH & MUSTARD)

THE 14 ALLERGENS:

Celery, Cereals containing **gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide** and **sulphites** (and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts)).