



# 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 COD FILLET

Breaded Cod Fillet (GLUTEN) (FISH)

Skin On Wedges

Peas

### 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

## HOT FALAFEL WRAP & GARLIC MAYO

Falafels

Tortilla Wrap

Garlic

Mayonaise (EGG)

Skin on Wedges

Peas

### 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

## WATERMELON SLICES

Watermelons

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## BEEF BOLOGNAISE

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

## HALAL LAMB BOLOGNAISE

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

## ROASTED VEGETABLE BOLOGNAISE

Diced Onions  
Grated Carrot  
Aubergines  
Courgetts  
Mushrooms  
Celery (**CELERY**)  
Garlic Granules  
Leeks  
Oregano  
Salt  
Pepper  
Paprika  
Chopped Tomatoes  
Penne Pasta (**GLUTEN**)  
Gluten Free 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

## VANILLA CHEESECAKE

Digestive Biscuits (**GLUTEN**)

Kerrymaid Baking Blocks

Cheesecake Filling Mix (**DAIRY**)

### **THE 14 ALLERGENS:**

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# INGREDIENTS AND ALLERGENS

## ROAST GAMMON

Horseshoe Gammon

Seasoning

Roast Potatoes

Gravy

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

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

Mixed Vegetables



# INGREDIENTS AND ALLERGENS

## ROAST DINNER (HALAL CHICKEN)

Roast Halal Chicken Breast

Seasoning

Roast Potatoes

Gravy

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

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

Mixed Vegetables



# INGREDIENTS AND ALLERGENS

## VEGETABLE WELLINGTON

Puff Pastry (**GLUTEN**)

Leeks

Carrots

Broccoli

Breadcrumbs (**GLUTEN**)

Sage

Onion

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

## RICE KRISPIE CAKE

Rice Krispie's (**GLUTEN**)  
Kerrymaid Baking Blocks  
Golden Syrup  
Cocoa Powder

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# INGREDIENTS AND ALLERGENS

## PORK SAUSAGE & YORKSHIRE PUDDING

Pork Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

Mash Potato

Sweetcorn

Free From Gravy

### 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 CHICKEN SAUSAGES & YORKSHIRE PUDDING

Halal Chicken Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

Mash Potato

Sweetcorn

Free From Gravy

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## VEGAN QUORN SAUSAGES & YORKSHIRE PUDDING

Vegan Quorn Sausages (GLUTEN)

Yorkshire Pudding (GLUTEN) (MILK) (EGGS)

Mash Potato

Sweetcorn

Free From Gravy

### 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 CRUMBLE & CUSTARD

Oats  
Kerrymaid Baking Blocks  
Plain Flour  
Summer Fruits  
Solid Pack Apples  
Custard Mix (DAIRY)

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## BATTERED CHICKEN FILLET BURGER

Battered Chicken Steak (GLUTEN, EGG, SOYA)

Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Hash Browns

Homemade Slaw (Eggs)

Gluten Free Chicken Fillet

Gluten Free Bun

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## HALAL BATTERED CHICKEN FILLET BURGER

Halal Battered Chicken Steak (GLUTEN,EGG,SOYA)

Halal Breaded Chicken Steak (GLUTEN)

Plain Buns (GLUTEN)

Hash Browns

Homemade Slaw (Eggs)

Gluten Free Chicken Fillet

Gluten Free Bun

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## HALLOUMI & MUSHROOM BURGER

Oumi (DAIRY)

Plain Buns (GLUTEN)

Hash Browns

Homemade Slaw (Eggs)

Gluten Free Bun

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# INGREDIENTS AND ALLERGENS

## MILK LOLLY

Vanilla Milk Ice Lolly (DAIRY)

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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)

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# WEEK 2 MENU

## **IMPORTANT INFORMATION:**

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# INGREDIENTS AND ALLERGENS

## ROASTED TOMATO, MEDITERRANEAN VEGETABLE SAUCE & PASTA TWISTS

Tomatoes  
Aubergines  
Red Onion  
Corgettes  
Peppers  
Chopped Tomatoes  
Basil  
Garlic Granules  
Fusili Pasta (**GLUTEN**)  
Free From Gluten Pasta

Greek Salad

### **THE 14 ALLERGENS:**

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# INGREDIENTS AND ALLERGENS

## MOUSSE

G/F Strawberry Mousse (DAIRY)

G/F Chocolate Mousse (DAIRY)

G/F Banana Mousse (DAIRY)

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## COWBOY BEEF & BEAN CHILLI

Beef Mince  
Diced Onions  
Diced peppers  
Paprika  
Crushed Chillies  
Fajita Seasoning  
Chopped Tomatoes  
Baked Beans  
Seasoning  
Gravy  
Savoury 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 COWBOY LAMB & BEAN CHILLI

Halal Lamb Mince  
Diced Onions  
Diced peppers  
Paprika  
Crushed Chillies  
Fajita Seasoning  
Chopped Tomatoes  
Baked Beans  
Seasoning  
Gravy  
Savoury 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

## COWBOY FIVE BEAN CHILLI

Diced Onions  
Diced peppers  
Paprika  
Crushed Chillies  
Fajita Seasoning  
Chopped Tomatoes  
Baked Beans  
Five Bean Salad  
Seasoning  
Gravy  
Savoury 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)).



**YES** CHEF  
Catering Ltd

# INGREDIENTS AND ALLERGENS

## CHOCOLATE BROWNIE

Chocolate Brownie Mix (GLUTEN & EGG)

### THE 14 ALLERGENS:

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# INGREDIENTS AND ALLERGENS

## ROAST PORK DINNER

Roast Pork  
Roast Potatoes  
Gravy  
Stuffing (**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 DINNER

Halal Roast Chicken  
Roast Potatoes  
Gravy  
Stuffing (**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

## QUORN VEGETARIAN ROAST

Quorn Vegetarian Roast (EGG & MILK)

Roast Potatoes

Gravy

Stuffing (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

## FRUIT PLATTERS

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

### **THE 14 ALLERGENS:**

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# 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  
Nann 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 VEGETABLE CURRY

Cauliflower  
Sweet Potato  
Mushrooms  
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

## LEMON DRIZZLE CAKE

Self Raising Flour (GLUTEN)

Dairy Free Butter

Granulated Sugar

Baking Powder

Eggs (EGG)

Icing Sugar

Lemons

### 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  
Hotdog Roll (**GLUTEN**)  
Gluten Free Roll  
Herby Diced Potatoes  
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 BEEF HOT DOG

Halal Turkey Hot dogs  
Hotdog Roll (**GLUTEN**)  
Gluten Free Roll  
Herby Diced Potatoes  
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

## VEGAN HOT DOG

Quorn Vegan Hot dogs (**GLUTEN**)

Hotdog Roll (**GLUTEN**)

Herby Diced Potatoes

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

## JELLY

Raspberry Jelly Crystals  
Strawberry Jelly Crystals  
Orange Jelly Crystals

Gelatin Free Jelly

### **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

## JACKET POTATO ( WITH BOTH HOT & COLD FILLINGS)

Jacket Potato

Tuna Mayo (**FISH & EGGS**)

Homemade Slaw (**EGGS**)

Grated Cheese (**MILK**)

Baked Beans

Mixed Salad

Hot Topping

### **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

## MACARONI CHEESE WITH PETIT PAIN

Macaroni Pasta (**GLUTEN & MILK**)

Cheese Sauce (**MILK**)

Grated Cheese (**MILK**)

Petit Pain Roll (**GLUTEN**)

Mixed 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

## FRUIT YOGURT

Mixed Fruit Creamy 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

## 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

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

## CARROT CAKE

Self Raising Flour  
Granulated Sugar  
Brown Sugar  
Eggs (EGG)  
Kerrymaid Baking Blocks  
Carrots  
Cinnamon

### 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- CHICKEN

Roast Chicken

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

## ROAST DINNER- HALAL CHICKEN

Halal Roast Chicken

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

## VEGETABLE CRUMBLE

Leeks  
Carrots  
Broccoli  
Breadcrumbs (**GLUTEN**)  
Sage  
Onion  
Cheese Sauce (**DAIRY**)  
Oats (**GLUTEN**)  
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 FLAPJACK

Oats (**GLUTEN**)

Kerrymaid Baking Blocks

Golden Syrup

Cranberries

Raisins

### **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 SAUSAGE PLAIT

Pork Sausage Meat (**GLUTEN, SOYA & SULPHITES**)

Puff Pastry (**GLUTEN**)

Herby Diced Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy

Gluten Free Sausages

Gluten Free Pastry

### **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 PLAIT

Halal Lamb Mince  
Onions  
Puff Pastry (**GLUTEN**)  
Herby Diced Potatoes  
Baby Carrots  
Diced Swede  
Sweetcorn  
Seasoning  
Oil  
Gravy  
Gluten Free Sausages  
Gluten Free Pastry

### **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

## CHEESE & ONION PASTIE

Cheese & Onion Bake (**GLUTEN & MILK**)

Herby Diced Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy

### **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 CAKE & CHOCOLATE SAUCE

**Self Raising Flour (GLUTEN)**

**Dark Brown Sugar**

**Dairy Free Butter**

**Cocoa Powder**

**Caster Sugar**

**Baking Powder**

**Eggs (EGG)**

**Cusard Mix (MILK)**

**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

## PEPPERONI PIZZA

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

Analogue Cheese (**DAIRY**)

Pizza Sauce

Pepperoni

Double Crunch Wedges

Corn

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

## MARGHERITA PIZZA

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

Analogue Cheese (**DAIRY**)

Pizza Sauce

Double Crunch Wedges

Corn

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

## COOKIE

Plain Cookie Mix (**GLUTEN**) (**DAIRY**) (**EGGS**)

### Free From Cookies

Gluten free flour

Kerrymaid Baking Blocks

Baking Powder

Eggs (**EGG**)

Sugar

Vanilla Essence

### **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)).