



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 (GLUTEN)

Garlic

Mayonaise (EGG)

Skin on Wedges

Peas

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

WATERMELON SLICES

Watermelons

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
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
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
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:

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 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

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 & ROASTED VEGETABLES

Pork Sausage Meat (GLUTEN, SOYA & SULPHITES)

Puff Pastry (GLUTEN)

Herby Diced Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gluten Free Sausages

Gluten Free Pastry

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 LAMB PLAIT & ROASTED VEGETABLES

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

CHEESE & ONION PASTIE

Cheese & Onion Bake (GLUTEN & MILK)

Herby Diced Potatoes

Baby Carrots

Diced Swede

Sweetcorn

Seasoning

Oil

Gravy

THE 14 ALLERGENS:

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INGREDIENTS AND ALLERGENS

CARROT CAKE

Self Raising Flour (**GLUTEN**)

Granulated Sugar

Brown Sugar

Eggs (**EGG**)

Kerrymaid Baking Blocks

Carrots

Cinnamon

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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

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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:

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 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)).



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

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:

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
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 (CELERY)

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 Beef 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

COOKIE

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

Plain Flour
Kerrymaid Baking Blocks
Granulated Sugar
Baking Powder

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)).



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

CHOCOLATE CAKE & CHOCOLATE SAUCE

Self Raising Flour
Granulated Sugar
Brown Sugar
Eggs (EGG)
Kerrymaid Baking Blocks
Cocoa Powder

Chocolate Sauce

Custard Mix (MILK)
Cocoa Powder
Cream (MILK)
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

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 SAUSAGES & MASH

Pork Sausages (GLUTEN)

Mash Potato

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 CHICKEN SAUSAGES

Halal Chicken Sausages (GLUTEN)

Mash Potato

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 QUORN SAUSAGES

Vegan Quorn Sausages (GLUTEN)

Mash Potato

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

FRUIT CRUMBLE & CUSTARD

Oats
Kerrymaid Baking Blocks
Plain Flour (**GLUTEN**)
Summer Fruits
Sliced Peaches
Custard 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

PEPPERONI PIZZA

Thin n Cripsy 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

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).