Lunch: - allergens

| Dishes and their allergen content - Monday 8 | v 8TH SEPT 2 | 2025 |
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Food Standards Agency

| | Mana | | | | | | | | | | | | | 1000.gov.uk |
|-------------------------------|--------|----------------------------|------------------|---------|--------|------------|--------|---------|---------|--------|---------|-----------------|--------|-----------------|
| WK1 | | | T _i | | | Jupin Hour | Milk | | MUSTARD | 2 | | | | WE |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CAULIFL OWER CHEESE | | X | | | | | X | | | | | | | |
| Mac & Cheese | | x | | | | | x | | | | | | | |
| | | | | | | | | | | | | | | |
| VEGETA BLES | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLE | ASE SE | EE ALLE | ERGY I | NFORM | 1ATION | WRITT | TEN AL | ONGSII | DE SOL | JP OF | THE DA | Υ |
| NUT FREE PESTO PASTA | | X | | | | | X | | | | | | | |

Lunch: - allergens

Food

| | Dishes and their allergen content - Tuesday 9TH SEPT 2025 Standards Agency Footgounk | | | | | | | | | | | | | Standards Agency food.gov.uk |
|-------------------------------|---|--|------------------|----------|------|----------------|------|---------|---------|------|---------|-----------------|------|------------------------------------|
| WK 1 | | | Y _i | F | | jupin Flour | Milk | | MUSTARD | | | | £ | ⊕ Me |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| Beef Chilli | | | | | | | | | | | | | | |
| Vegetable/ Vegan Chilli | | | | | | | | | | | | | X | |
| SOUP OF THE DAY | | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |

unch: - allergens

Dishes and their allergen content - Wednesday 10TH SEPT 2025



| WK 1 | *** | | ¥# | E | | Jupin Flour | Milk | | (MUSTARD) | | | | | WE WE |
|----------------------------------|--------|----------------------------|------------------|----------|---------|----------------|---------|---------|-----------|---------|---------|-----------------|------|--------------------|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| Pork and Noodle Stir Fry | | X | | X | | | | | | | | | X | |
| Stir Fry Vegetable Noodles | | X | | X | | | | | | | | | X | |
| SOUP OF THE DAY | | Р | LEASE | SEE ALI | _ERGY I | NFORM | ATION V | VRITTEN | N ALONG | GSIDE S | OUP OF | THE D | ΑΥ | |
| HAM AND CHEESE PASTA | | X | | | | | X | | | | | | | |

unch: - allergens

Dishes and their allergen content - Thursday 11TH SEPT 2025

Food Standards

| | Dishes and their allergen content - Thursday 11TH SEPT 2025 | | | | | | | | | | | | Agency food.gov.uk | |
|---|---|----------------------------|------------------|--------|--------|--------------|--------|---------|---------|-------|---------|-----------------|-----------------------|--------------------|
| WK1 | | X | T _i | | | upin Rour | Milk | | MUSTARD | | | | | |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN AND TOMATO MASCAR PONE PASTA | | X | | | | | X | | | | | | | |
| QUORN AND TOMATO MASCAR PONE PASTA | | X | | X | | | X | | | | | | | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLE | ASE SE | E ALLE | RGY IN | FORMA | TION W | /RITTEN | N ALON | GSIDE | SOUP (| OF THE | DAY | |
| LEEK & MUSHRO OM PASTA | | X | | | | | X | | | | | | | |

Lunch: - allergens

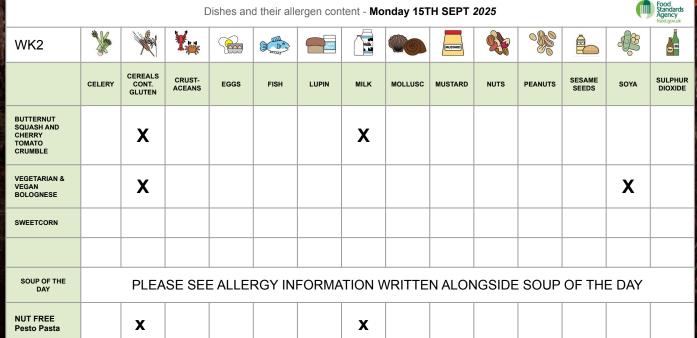
| Dishes and the | ir allergen | content -Frida | y 12th SEPT 2025 |
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Food Standards Agency

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|--|---------------------|--|------------------|----------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| WK 1 | *** | | T _i | A | | iupan Flour | Milk | | MUSTARD | | | | £ | |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHUNKY FISH FINGER | | X | | | X | | | | X | | | | | |
| VEGETABLE/ VEGAN BURGER | | X | | | | | | | | | | | | |
| POTATO WEDGES | | | | | | | | | | | | | | |
| BAKED BEANS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | |
| Tomato, Mozzarella & Basil Spaghetti | | X | | | | | X | | | | | | | |

CATERING AT THE TIFFIN GIRL

| Dishes and t | their allergen | content - Monday | 15TH SEPT 2025 |
|--------------|----------------|------------------|----------------|
| | | | |



Lunch: - allergens

| Dishes and their allergen | content - Tuesday 16TH SEPT 2025 |
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| Diorioo ana mon anorgon | roomone raceaux reminer i zeze |

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|----------------------------------|------------------|--|------------------|----------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
| WK2 | *** | | T _i | A | | jupin Flour | Milk | | MUSTARD | | | | £ | ₽ |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| LAMB TAGINE | | X | | | | | | | | | | | | |
| ROASTED VEGETABLE COUSCOUS | | X | | | | | | | | | | | | |
| couscous | | X | | | | | | | | | | | | |
| CARROTS & PEAS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |

Lunch: - allergens

Dishes and their allergen content -Wednesday 17TH SEPT 2025

| WK2 | | | T _i | | | iupm Flour | Milk | | MUSTARD | | | | £ | |
|-------------------------------------|--------|----------------------------|------------------|--------|--------|---------------|--------|---------|---------|--------|---------|-----------------|--------|-----------------|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN MASALA CURRY (HALAL) | | | | | | | X | | | | | | | |
| VEGETABLE/ VEGAN MASALA CURRY | | | | | | | | | | | | | | |
| RICE & NAAN BREAD | | X | | | | | | | | | | | | |
| RAITA DIP | | | | | | | X | | | | | | | |
| SOUP OF THE DAY | | PLE | EASE S | EE ALL | ERGY I | NFORM | 1ATION | WRITT | EN ALC | ONGSIE | DE SOU | IP OF T | HE DAY | / |
| HAM AND CHEESE PASTA | | X | | | | | X | | | | | | | |

| Dishes and their | allergen content - | Thursday | 18TH SEPT 2025 |
|------------------|--------------------|----------|----------------|
| | | | |

| | | Dishes and their allergen content - Thursday 18TH SEPT 2025 | | | | | | | | | | | | | |
|--------------------------------|--------|--|------------------|----------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|--|
| WK2 | *** | | T _i | A | | iupin Flour | Milk | | MUSTARD | | | | £ | o M€ | |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE | |
| BBQ BAKED PORK SAUSAGE | | X | | | | | | | | | | | X | x | |
| WEDGES | | | | | | | | | | | | | | | |
| BBQ BAKED VEGGIE SAUSAGE | | X | | | | | | | | | | | X | | |
| BROCCOLI | | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| LEEK & MUSHROOM PASTA | | X | | | | | X | | | | | | | | |

| Dishes | and | their | allergen | Friday | 19TH | SEPT 2 | 2025 |
|---------|------|-------|----------|--------|------|--------|------|
| D101100 | aiia | | anorgon | | | O | |





| WK2 | | | ¥# | ** | | Jupin Flour | | | MUSTARD | D | | | | |
|---|--------|----------------------------|------------------|-----------|---------|----------------|--------|---------|---------|----------|---------|-----------------|-------|--------------------|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN SAVOURY RICE (HALAL) | | | | | | | | | | | | | | |
| QUORN & VEGETABLE SAVOURY RICE | | X | | X | | | | | | | | | | |
| GREEN BEANS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEA | SE SEE | ALLEF | RGY INI | FORMA | TION V | VRITTE | N ALON | NGSIDE | SOUP | OF TH | E DAY | |
| TOMATO, MOZZARELLA & BASIL SPAGHETTI | | X | | | | | X | | | | | | | |

Dishes and their allergen content - Monday 22nd SEPT 2025

Food Standards Agency

| | | | | | | | | | | | | | | food.gov.uk |
|--|--------|----------------------------|------------------|----------|---------|---------------|--------|---------|---------|--------|---------|-----------------|-------|--------------------|
| WK3 | | | T _i | A | | iupm Flour | Milk | | MUSTARD | 2 | | | £ | MAC COMMAN |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| MOZZARELLA, SUNDRIED TOMATO & BASIL PASTA | | X | | | | | X | | | | | | | |
| TOMATO & BASIL TAGLIATELLE | | X | | | | | | | | | | | | |
| CARROTS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | - | PLEA | SE SEE | E ALLEI | RGY INI | FORMA | TION V | VRITTE | N ALON | NGSIDE | SOUP | OF TH | E DAY | |
| NUT FREE Pesto Pasta | | X | | | | | X | | | | | | | |

TO PURCHASING.

Lunch: - allergens

| Dishes and the | ir allergen content | TUESDAY 23RD |) SFPT | 2025 |
|----------------|---------------------|---------------------------|----------------|------|
| | II allorgon contoni | . I O L O D A I Z O I N L | <i>,</i> oli i | 2020 |

Food Standards

| | Dishes and their allergen content TUESDAY 23RD SEPT 2025 | | | | | | | | | | | | | |
|----------------------------------|--|--|------------------|----------|------|---------------|------|---------|---------|----------|---------|-----------------|------|--------------------|
| WK3 | *** | M | T _i | A | | iupm Flour | Milk | | MUSTARD | D | | | £ | Me Me |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| BEEF STEAK CASSEROLE | | x | | | | | | | | | | | x | |
| VEGETABLE/ VEGAN CASSEROLE | | | | | | | | | | | | | | |
| MASH POTATO | | | | | | | X | | | | | | | |
| GREEN BEANS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |

| Dishes and their | allergen | content | WEDNESDAY | 24TH SEPT | 2025 |
|-------------------|----------|---------|------------|-------------|------|
| Distres and their | allergen | COHICHI | MEDIAESDAI | 24111 SEF I | 2023 |

| | Dishes and their allergen content WEDNESDAY 24TH SEPT 2025 | | | | | | | | | | | | | |
|---|--|----------------------------|------------------|----------|--------|----------------|---------|---------|---------|--------|----------|-----------------|------|--------------------|
| WK3 | *** | M | Y ₄ | <u> </u> | | lupin Flour | Milk | | MUSTARD | | % | | \$ | |
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN TERIYAKI & NOODLES (HALAL) | | X | | X | | | | | | | | | X | |
| VEGETABLE TERIYAKI & NOODLES | | X | | X | | | | | | | | | X | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLE | ASE SE | E ALLE | RGY IN | FORMA | ATION V | VRITTE | N ALON | IGSIDE | SOUP | OF THE | DAY | |
| HAM AND CHEESE PASTA | | X | | | | | X | | | | | | | |

WK3

ROASTED

VEGAN

CHICKEN LEG

ROASTED FILLET

NEW POTATO

SOUP OF THE

DAY

ROASTED CARROTS

LEEK & MUSHROOM **CEREALS**

CONT.

GLUTEN

X

X

X

CELERY

CRUST-

ACEANS

EGGS

FISH

LUPIN

Lunch: - allergens

| Dishes and their | allergen | content. | Thursday | 25TH SEPT 2025 | |
|-------------------|----------|----------|-----------|-----------------------|--|
| Distres and their | allergen | COILLEIL | Tiluisuay | y ZUIII OLI I ZUZU | |

MILK

MOLLUSC

MUSTARD

NUTS

PEANUTS

| | | food.gov.uk |
|-----------------|-----------|--------------------|
| | 18 | ine O |
| SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| | | |
| | | |
| | | |
| | | |
| OF THI | E DAY | |
| | | |

Food Standards Agency

TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF

X

Lunch: - allergens





| WK3 | **** | W | T _# | A | | Jupin Flour | Mik | | MUSTARD | | | | | © WK |
|---|-------------|----------------------------|------------------|-------------|-------------|----------------|------------|-------------|---------------|-------------|--------------|-----------------|---------------|--------------------|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| TUNA PASTA BAKE | | X | | | X | | X | | | | | | | |
| CREAMY SPINACH PASTA | | X | | | | | X | | | | | | | |
| SWEETCORN | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | | PLEA | ASE SE | E ALLE | RGY IN | FORMA | TION V | VRITTE | N ALON | IGSIDE | SOUP | OF THE | DAY | |
| TOMATO, MOZZARELLA & BASIL SPAGHETTI. | | X | | | | | X | | | | | | | |
| TO NOTE: THERE MAY BE LAS | ST MINUTE C | HANGES TO IN | NGREDIENTS S | SHOULD THER | E BE SUPPLY | ISSUES. ALL S | TUDENTS TH | EREFORE NEE | ED TO REFER 1 | TO THE UPDA | TED BOARD IN | THE DINING H | HALL PRIOR TO |) |

PURCHASING.