


Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar \& Bread daily $(2,4,5,7,13)$ Yoghurt (7) and fruit are available daily as a choice of dessert. Fresh water \& Milk (7)

GLUTEN FREE OPTIONS AVAILABLE DAILY

| 1 Celery | 2 Cereals Containing Gluten | 3 Crustaceans (such as prawns, crabs <br> \& lobsters) | 4 Eggs |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 5 Fish | 6 Lupin | 7 Milk | 8 Molluscs |  |  |
| 9 Mustard | 10 Nuts | 11 Peanuts | 12 Sesame Seeds |  |  |
| 14 Sulphur Dioxide and Sulphites |  |  |  |  |  |

