

Assorted sandwiches and jacket potatoes served with unlimited vegetables or salad to accompany the meals- freshly prepared salad bar \& Bread daily ( $2,4,7,13$ ) 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 \& lobsters) | 4 Eggs |
| :---: | :---: | :---: | :---: | :---: |
|  | 5 Fish | 6 Lupin | 7 Milk | 8 Molluscs |
|  | 9 Mustard | 10 Nuts | 11 Peanuts | 12 Sesame Seeds |
|  | 13 Soya |  | 14 Sulphur Dioxide and Sulphites |  |

