

Dish	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
A to Z																					
3 Bean Veggie Chili with Rice	✓	✓						✓		✓											
BBQ Chicken	✓	✓						✓	✓				✓								
Beef Lasagne & Garlic Bread	✓	✓						✓	✓				✓								
Beef Meatballs in Gravy & Mash	✓	✓						✓	✓				✓				✓				
Beef Steak Pie with Baby Potatoes	✓	✓						✓	✓				✓								
Braised Beef & 2" Yorkshire Pudding	✓	✓						✓	✓												
Breaded Chicken Strips with Wedges	✓	✓															✓				
Breaded Pollack with Chips	✓	✓								✓											
Cauliflower & Broccoli Bake with Crusty Bread	✓	✓						✓	✓				✓								
Cheese & Cauliflower Nuggets with Chips	✓	✓						✓	✓						✓						
Cheese & Onion Frittata								✓	✓												
Cheese & Onion Omelette with Baby Potatoes								✓	✓												
Cheese & Onion Quiche	✓	✓						✓	✓												
Cheese & Potato Pie with Baby Potatoes	✓	✓						✓	✓												
Cheese & Tomato Pie with Baby Potatoes	✓	✓						✓	✓				✓								
Cheese & Tomato Pasta with Garlic Bread	✓	✓						✓	✓				✓								
Cheese & Tomato Pinwheel with Wedges	✓	✓						✓	✓				✓				✓				
Cheese & Tomato Pizza with Chips	✓	✓						✓	✓												
Chicken and Vegetable Pie with Baby Potatoes	✓	✓						✓	✓												
Chicken Biryani served with Curry Sauce								✓							✓						
Chicken Burger in a Bun with Wedges	✓	✓														✓	✓				Maybe traces of sesame seeds
Chicken Casserole with Baby Potatoes																					
Chicken Chow Mein	✓	✓						✓	✓				✓			✓					
Chicken Korma with Rice & Naan Bread	✓	✓						✓	✓				✓			✓					Sulphite in desiccated coconut
Chicken Tikka with Rice & Naan Bread	✓	✓						✓	✓				✓			✓					
Cottage Pie	✓	✓						✓	✓												
Cowboy Pie	✓	✓															✓	✓			Maybe traces of sesame seeds
Crispy Crumbed Veg Burger in a Bun with Wedges	✓	✓														✓		✓			Maybe traces of sesame seeds
Crispy Crumbed Veg Burger with Chips	✓	✓															✓				
Crispy Topped Vegetable Pie								✓													
Fish Pie								✓		✓											
GF Cod Fillet Fish Fingers with Chips										✓											
GF Salmon Fish Fingers with Chips										✓											
Haddock Goujons with Chips	✓	✓																			May contain: Crustaceans and Molluscs
Junior Battered Pollock with Chips	✓	✓								✓											
Lentil & Vegetable Cottage Pie																					
Lentil & Vegetable Curry with Rice & Naan Bread	✓	✓						✓	✓				✓			✓					
Mac'n' Cheese & Crusty Bread	✓	✓						✓	✓				✓								
Meat Free Mince Bolognese with Spaghetti & Garlic Bread	✓	✓						✓	✓				✓								
Meat Free Sausages Mash & 2" Yorkshire Pudding								✓	✓												
Meat Free Sausages Roll & Mash	✓	✓						✓	✓				✓								
Meat Free Vegan Mince Cottage Pie								✓	✓				✓								
Meat Free Vegan Mince Lasagne & Garlic Bread	✓	✓	✓					✓	✓				✓								
Meat Free Vegan Mince Pie with Baby Potatoes	✓	✓						✓	✓				✓								
Mozzarella Cheese Sticks with Wedges	✓	✓						✓	✓				✓				✓				
Omelette with cheese with Chips								✓	✓												
Pasta Carbonara & Garlic Bread	✓	✓						✓	✓				✓				✓				
Pork Sausage Roll & Mash	✓	✓						✓	✓						✓		✓				
Pork Sausage, Mash & 2" Yorkshire Pudding	✓	✓						✓	✓						✓		✓				
Quorn Bolognese with Spaghetti & Garlic Bread	✓	✓	✓					✓	✓				✓								
Quorn Cottage Pie	✓	✓						✓	✓												
Quorn Curry Korma with Rice & Naan Bread	✓	✓						✓	✓				✓		✓		✓				Sulphite in desiccated coconut
Quorn Fillet Complete Meal	✓	✓	✓					✓	✓							✓					
Quorn Hot Dog with Wedges	✓	✓	✓					✓	✓									✓			
Quorn Mince Pie with Baby Potatoes	✓	✓	✓					✓	✓												
Quorn Sausage Mash & 2" Yorkshire Pudding	✓	✓	✓					✓	✓												
Quorn Sausage Roll & Mash	✓	✓	✓					✓	✓												
Quorn Chunks Pie	✓	✓						✓	✓												
Quorn Casserole								✓	✓												
Quorn Tikka Masala with Rice & Naan Bread	✓	✓						✓	✓				✓		✓						
Rainbow Fritters with Chips	✓	✓	✓					✓	✓												
Roast Beef Complete Meal & 2" Yorkshire Pudding								✓	✓												
Roast Chicken Complete Meal with Sage & Onion Stuffing								✓	✓												
Roast Gammon Complete Meal & Pineapple								✓	✓								✓				
Roast Pork Complete Meal & Apple Sauce								✓	✓												
Roasted Vegetable Quiche	✓	✓						✓	✓												
Salmon & Sweet Potato Fishcake with Chips	✓	✓								✓											
Sloppy Joes Wrap	✓	✓																			
Soya Bean Chow Mein	✓	✓							✓		✓	✓	✓			✓					May contain: Almonds, Cashew Nut, Nuts, Peanuts, and Mustard
Spaghetti Bolognese with Spaghetti & Garlic Bread	✓	✓						✓	✓				✓								
Spicy Bean burger in a Bun with Wedges																✓	✓				Maybe traces of sesame seeds
Sticky Mango Quorn & Egg Noodles	✓	✓							✓												
Sweet Chili Quorn Fillet with Noodles	✓	✓							✓												
Sweet Chili Chicken with Noodles	✓	✓							✓												
Sweet Potato & Chickpea Curry with Rice & Naan Bread	✓	✓						✓	✓				✓								
Tomato & Cheese Pinwheel with Chips	✓	✓						✓	✓				✓								
Tomato & Mascarponne Pasta & Garlic Bread	✓	✓						✓	✓				✓								
Tuna Pasta Bake - Tomato sauce								✓	✓	✓			✓								
Tuna Pasta Bake - White sauce	✓	✓						✓	✓				✓								
Veggie Meatballs in Gravy & Mash								✓	✓												
Vegetable Biryani served with Curry Sauce								✓							✓						
Vegetable Frittata								✓	✓												
Vegetable Sausage Mash & 2" Yorkshire Pudding	✓	✓						✓	✓												
Vegetable Sausage Roll & Mash								✓	✓												
Vegetable Vegan Mince Hotpot													✓								
Vegetarian Carbonara & Garlic Bread	✓	✓						✓	✓				✓								
Vegetarian Lasagne - Quorn & Garlic Bread	✓	✓						✓	✓				✓								
Vegetarian Meatless Loaf Complete Meal	✓	✓						✓	✓					✓							

[illegible]

Dish	Contains Gluten	Contains Wheat	Contains Barley	Contains Oats	Contains Rye	Contains Spelt	Contains Kamut	Milk	Eggs	Fish	Peanuts	Tree Nuts	Soya	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Crustaceans	Other Allergen related information
Apple Pie (adding milk/egg wash adds allergens)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Banana Bread	✓	✓							✓								✓				Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Brownie (-25% sugar)	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Cookie (-25% sugar)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Crispy Cake (-25% sugar)			✓										✓								Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Crunch(-25% sugar)	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Shortbread with egg (-25% sugar)	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Chocolate Shortbread without egg (-25% sugar)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Complete Custard mix								✓													
Fresh Water Melon																					
Fruit Crumble - Apple	✓	✓		✓																	Margarines codes 15811,71514 & 71122 DONOT conatin milk
Fruit Jelly																					
Fruit Jelly																					
Fruit Muffin	✓	✓						✓	✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Fruit Salad																					
Ginger Biscuit (-25% sugar)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Golden Crunch Cookie (-25% sugar)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Iced Finger code 31296	✓	✓														✓					May contain sesame
Iced Sponge Cake (-25% sugar)	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Lemon Drizzle Cake (-25% sugar)	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Mandarin & Chocolate Sponge	✓	✓							✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Melting Moment (-25% sugar)	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Natural Yoghurt & Fruit Compote								✓													
Organic Yoghurt								✓													
Rainbow Muffin	✓	✓						✓	✓												Margarines codes 15811,71514 & 71122 DONOT conatin milk
Raspberry Bun	✓	✓															✓				Margarines codes 15811,71514 & 71122 DONOT conatin milk
Raspberry Muffin (-25% sugar)	✓	✓							✓								✓				Margarines codes 15811,71514 & 71122 DONOT conatin milk
Rice Pudding & Jam								✓									✓				
Sliced Fruit & Icecream								✓													
Tzaziki dip(mint & Yoghurt)								✓													
Vanilla Biscuit	✓	✓																			Margarines codes 15811,71514 & 71122 DONOT conatin milk
Vegetable Sticks																					
Victoria Slice									✓								✓				Margarines codes 15811,71514 & 71122 DONOT conatin milk
Yoghurt Fruit Crunch								✓													