






















Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Meals, Sandwiches, Jackets														
Baked Beans Jacket Potato														
BBQ Meatball Sub		Barley Wheat			✓									✓
BBQ Quorn Meatball Sub		Barley Oats Rye Wheat		✓	✓									
BBQ Chicken		Barley			✓									
Frozen Beef Burger in Bun with Tomato Relish	✓	Wheat										✓		✓
Fresh Beef Burger in Bun with Tomato Relish	✓	Wheat										✓		✓
Beef Casserole/ Stew	✓	Wheat												
Bolognese Jacket Potato														
Bolognese Pizza		Wheat					✓						✓	
Carrot and Leek Quiche		Wheat		✓			✓		✓					
Carrot and Spring Onion Quiche		Wheat		✓			✓		✓					
Cheese and Potato Pattie Breadcrumbs		Wheat		✓			✓							✓
Cheese and Potato Pattie Cornflakes		Barley		✓			✓							✓
Cheese and Spring Onion Jacket Potato				✓			✓							
Cheese and Spring Onion Sandwich		Wheat		✓			✓						✓	
Cheese and Tomato Quiche		Wheat		✓			✓		✓					
Cheese Jacket Potato							✓							
Cheesy Macaroni		Barley Oats Wheat Rye					✓		✓					
Cheese and Onion Pie		Wheat		✓			✓						✓	✓
Cheese Pasty		Wheat					✓							
Cheese Roll		Wheat					✓							
Cheese Sandwich		Wheat					✓						✓	
Cheese Savoury Jacket Potato				✓			✓							
Cheese Savoury Sandwich		Wheat		✓			✓						✓	

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Cheese Topped Ravioli	✓	Wheat					✓							
Cheesy Pasta Bake		Wheat		✓			✓		✓					
Chicken Breast Fillet														
Chicken Breast Roast							✓							
Cheese Tortilla Wedge		Wheat					✓							
Chicken Mayo Baguette		Wheat		✓										
Chicken Mayo Sandwich		Wheat		✓									✓	
Chicken and Sweetcorn Baguette		Wheat		✓										
Chicken and Sweetcorn Jacket Potato				✓										
Chicken and Sweetcorn Sandwich		Wheat		✓									✓	
Chicken Casserole	✓	Wheat												
Chicken Fajita		Wheat												
Chicken Fillet Bites		Wheat											✓	
Chicken Korma		Wheat					✓							
Chicken Mayo Jacket Potato				✓										
Chicken Mayo Sandwich		Wheat		✓									✓	
Chicken Pasta Bake		Wheat		✓			✓							
Chicken Fried Rice	✓													
Chilli Con Carne														
Chilli Con Carne Jacket Potato														
Chicken and Sweetcorn Filled Jacket Potato				✓										
Chilli no Carne		Barley Oats Wheat Rye		✓										
Chinese Style Chicken Curry		Wheat												
Chinese Style Vegetarian Curry		Wheat		✓										















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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chinese Style Vegetable Curry		Wheat												
Cottage Pie		Wheat												✓
Curried Beans Jacket Potato														
Egg and Cress Sandwich		Wheat		✓									✓	
Egg and Tomato Sandwich		Wheat		✓									✓	
Egg Mayonnaise Sandwich		Wheat		✓									✓	
Falafal's with Garlic Dip				✓			✓							
Fish Fingers		Wheat			✓								✓	
Fish Goujons		Wheat		✓									✓	
French Salad Baguette		Wheat		✓										
Gluten Free Fish Portion					✓									
Gluten Free Fish Fingers					✓									
Garlic Chicken														
Ham and Mushroom Pasta Bake		Wheat		✓			✓		✓					
Ham and Coleslaw Sandwich		Wheat		✓									✓	
Ham and Tomato Sandwich		Wheat											✓	
Ham and Tomato Baguette		Wheat												
Ham Salad Sandwich		Wheat											✓	
Ham Sandwich		Wheat					✓						✓	
Harry Ramsdens Battered Fish		Wheat			✓									
Homemade BBQ Chicken Pizza		Barley Wheat			✓		✓						✓	
Homemade Pizza Cheese and Tomato		Wheat					✓						✓	
Homemade Hawaiian Pizza		Wheat					✓						✓	
Homemade Vegetable Pizza		Wheat												
Homemade Vegetarian BBQ Pizza		Barley Wheat		✓	✓		✓						✓	

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Homemade Soup														
Hot Chicken Sandwich		Wheat		✓								✓		
Hunters Chicken Fillet		Barley			✓		✓							✓
Hunters Quorn Fillet		Barley Oats Wheat Rye		✓	✓		✓							✓
Hot Quorn Sandwich		Barley Oats Wheat Rye		✓								✓		
Lemon and Herb Chicken Fillet		Barley Oats Wheat Rye		✓										
Lemon and Herb Quorn Fillet		Barley Oats Wheat Rye		✓										
Lamb Jalfrezi														
Lamb Kofta		Wheat					✓						✓	
Lasagne		Wheat		✓			✓		✓					
Mediterranean Flan		Wheat		✓			✓							
Meatballs in Gravy	✓	Wheat												✓
Meatballs in Tomato and Herb Sauce		Wheat												✓
Minced Beef Pie	✓	Wheat		✓										
Minestrone Soup	✓	Barley Oats Wheat Rye												
Omelette				✓			✓							
Penne Pasta Ragù	✓	Barley Oats Wheat Rye											✓	
Pork and Pineapple Curry		Wheat												
Pork Sausages Frozen		Wheat												
Pork Tenderloin Fresh														
Pork Tenderloin Frozen														
Quorn Bolognese Pizza		Barley Oats Wheat Rye		✓			✓						✓	
Quorn Burger in Bun with Tomato Relish		Barley Oats Wheat Rye		✓			✓					✓		
Quorn Fillet		Barley Oats Wheat Rye		✓										
Quorn Fried Rice	✓			✓										

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Minced Quorn Pie	✓	Barley Oats Wheat Rye		✓										
Quorn Frankfurter in Bun		Wheat		✓									✓	
Quorn Fajita		Wheat		✓										
Quorn Pasta Bake		Wheat		✓			✓							
Quorn Roast				✓			✓							
Quorn Sausage		Barley Oats Wheat Rye		✓			✓							
Quorn Sausage in Gravy	✓	Wheat		✓			✓							
Quorn Casserole	✓	Barley Oats Wheat Rye		✓										
Quorn Mince	✓	Barley Oats Wheat Rye		✓										
Ratatouille Pasta		Barley Oats Wheat Rye											✓	
Roast Chicken Fillet														
Roast Beef														
Roast Gammon														
Roast Pork														
Frozen Sausages		Wheat												
Fresh Sausage		Wheat												
Salmon Goujons		Wheat			✓									
Salmon Fish Fingers		Wheat			✓									
Savoury Mince		Wheat												
Sausage Roll		Wheat												✓
Spaghetti Bolognese		Barley Oats Wheat Rye												
Spaghetti Napoli		Barley Oats Wheat Rye					✓							
Spicy Chicken and Spinach Curry														✓
Spicy Quorn and Spinach Curry				✓										✓
Steak and Mushroom Pie		Wheat		✓										

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Steak and Vegetable Pie	✓	Wheat		✓									✓	
Southern Style Chicken Fillet	✓	Wheat		✓									✓	
Southern Style Quorn Fillet	✓	Barley Oats Rye Wheat		✓			✓						✓	
Tagliatelle Carbonara		Wheat					✓		✓					
Toad in the Hole		Wheat		✓			✓							
Tuna and Cucumber Jacket Potato				✓	✓									
Tuna and Cucumber Sandwich		Wheat		✓	✓								✓	
Tuna Crunch Filled Jacket				✓	✓									
Tuna Mayo Sandwich		Wheat		✓	✓								✓	
Tuna Mayo Jacket				✓	✓									
Tuna Pasta Bake		Wheat		✓	✓		✓							
Tuna and Spring Onion Jacket Potato				✓	✓									
Tuna and Spring Onion Sandwich		Wheat		✓	✓								✓	
Tuna and Spring Onion Wrap		Wheat		✓	✓									
Tuna and Sweetcorn Jacket Potato				✓	✓									
Tuna and Sweetcorn Sandwich		Wheat		✓	✓								✓	
Tuna and Sweetcorn Wrap		Wheat		✓	✓									
Tuna Fishcake Breadcrumbs		Barley		✓	✓									✓
Tuna Fishcake Cornflake Topping		Wheat		✓	✓									✓
Tuna Melt		Wheat		✓	✓		✓							
Tuna Tortilla Wedge		Wheat			✓		✓							
Turkey Salad Sandwich		Wheat											✓	
Turkey Casserole	✓	Wheat												
Turkey Pie	✓	Wheat		✓										
Vegetarian Bolognese		Barley Oats Wheat Rye		✓										















Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetarian Cottage Pie		Wheat												✓
Vegetarian Jalfrezi				✓										
Vegetarian Korma		Wheat		✓			✓							
Vegetarian Kofta		Barley Oats Wheat Rye		✓			✓						✓	
Vegetarian Lasagne		Barley Oats Wheat Rye		✓			✓		✓					
Vegetable Lasagne		Wheat		✓			✓		✓					
Vegetarian Mince	✓	Barley Oats Wheat Rye		✓										
Vegetarian Pasta Ragù	✓	Barley Oats Wheat Rye		✓									✓	
Vegetarian Mince Pie	✓	Barley Oats Wheat Rye		✓										
Vegetarian Quorn Casserole	✓	Barley Oats Wheat Rye		✓										
Vegetarian Toad in the Hole		Barley Oats Wheat Rye		✓			✓							
Vegetable Nuggets		Wheat											✓	
Vegetarian Bolognaise		Barley Oats Wheat Rye		✓										
Carbohydrates														
Boiled Potatoes														✓
Boiled/Steamed Rice														
Champ Mash							✓							✓
Chips		Wheat												
Country Diced Potatoes													✓	
Creamed Potatoes							✓							✓
Egg Noodles	✓	Wheat		✓										
Hash Browns														
Jacket Potato														
New Potatoes														
Parsley Potatoes														✓















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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Potato Croquettes		Wheat					✓							✓
Potato Wedges Seasoned														
Purely Potato Wedges													✓	
Savoury Vegetable Cous Cous		Wheat												
Cous Cous		Wheat												
Roast Potatoes													✓	✓
Summer Roasted Vegetables													✓	
Savoury Vegetable Rice														
Savoury Vegetable Pasta		Wheat		✓										
Sweet Pepper Rice														
Sweet Pepper Pasta		Wheat		✓										
Vegetables and Fruit														
Apples Golden Delicious														
Apples Granny Smiths														
Apples Red														
Baked Beans														
Bananas														
Beetroot		Barley												
Broccoli Florets														
Carrots														
Cauliflower														
Clementine's														
Coleslaw				✓										
Cucumber														
Fruit Salad														

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Garden Peas														
Grapes Black and Green														
Green Beans														
Iceberg Lettuce														
Kiwi														
Melons														
Minted Apple and Cucumber Salad														
Mushy Peas														
Pineapples														
Sweetcorn														
Spring Cabbage														
Savoy Cabbage														
Tomatoes														
Turnip														
Winter Roasted Vegetables													✓	
Frozen Mixed Vegetables														
Tomato Salsa														
Spaghetti Hoops in Tomato sauce		Wheat												
Red Slaw				✓										
Deserts														
Anzac Biscuit		Barley Oats Wheat Rye												
Apple Crumble		Barley Oats Wheat Rye					✓							
Arctic Roll		Wheat		✓			✓						✓	
Australian Crunch		Barley Wheat												
Banana Muffin		Wheat		✓			✓							

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese and Crackers		Wheat					✓							
Chocolate Brownie		Wheat		✓			✓							
Chocolate Mousse							✓							
Chocolate Orange Shortbread		Wheat												
Chocolate and Mandarin Sponge		Wheat		✓			✓						✓	
Chocolate Sauce							✓							
Custard							✓							
Custard Crunch Biscuit		Wheat					✓							
Eves Sponge		Wheat		✓			✓							
Ginger Snap Buiscuit		Wheat												
Fruity Flapjack		Barley Oats Rye Wheat												
Flapjack		Barley Oats Rye Wheat												
Frozen Yoghurt Toffee							✓							
Frozen Yoghurt Raspberry							✓							
Frozen Yoghurt Raspberry							✓							
Fruit Salad														
Ice Cream							✓							
Iced Vanilla Sponge		Wheat					✓							
Jelly														
Krispy Cake														
Krispy Traybake														
Lemon Drizzle Cake		Wheat		✓			✓							
lemon Drizzle Muffin		Wheat		✓			✓							
Madeline Sponge		Wheat		✓			✓							
Melting Moments		Wheat					✓							

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mixed Fruit Biscuit		Barley Oats Wheat Rye												
Oaty Chocolate Biscuit		Barley Oats Wheat Rye												
Pear and Chocolate Sponge		Wheat		✓			✓							
Pineapple Upside Down Cake		Wheat		✓			✓							
Raspberry Ripple Mousse							✓							
Rice Pudding with Peaches							✓							
Shortbread		Wheat												
Spiced Apple Muffin		Wheat		✓			✓							
Steamed Syrup Sponge		Wheat		✓			✓							
Sticky Orange Sponge		Wheat		✓			✓							
Sticky Toffee Pudding		Wheat		✓			✓							
Strawberry Cup Cake		Wheat		✓			✓							
Strawberry Mousse							✓							
Strawberry Trifle		Wheat					✓						✓	
Summer Berry Muffin		Wheat		✓			✓							
Rice Pudding Jam Sauce							✓							
Yoghurts							✓							
Drinks														
Fruit Juice														
Milk							✓							
Milk break Chocolate							✓							
Milk Break Strawberry							✓							
Bread Basket														
Best of Both Bread		Wheat											✓	
French Stick White		Wheat												

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Large Baguette Frozen		Wheat												
Petit Pain		Wheat												
Pitta Bread		Wheat											✓	
Tortilla Wrap		Wheat												
White Bread Fresh		Wheat											✓	
White Bread Frozen		Wheat											✓	
Wholemeal Bread Fresh		Wheat											✓	
Wholemeal Bread Frozen		Wheat											✓	
Accompaniments														
Cobbler		Wheat		✓			✓						✓	
Dumpling		Wheat		✓			✓							
Crispy Cheese Croutons		Wheat												✓
Garlic and Herb Bread		Wheat												
Garlic Bread Slices		Wheat												
Garlic Dough Balls / Bread		Wheat		✓									✓	
Gravy	✓	Wheat					✓							
Dumpling		Wheat					✓							✓
Naan Bread		Wheat					✓							
Pouring Curry Sauce		Wheat												
Sage and Onion Stuffing		Wheat												
Tomato Ketchup														
Tomato Salsa														
Parsley Mayo				✓										
Pasta Salad		Wheat												
Pease Pudding														

Allergens														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Potato Salad				✓										✓
Pasta Shells		Wheat												
Pasta Tricolour		Wheat												
Sage Cobbler		Wheat		✓			✓						✓	
Tagliatelle		Wheat												
Yorkshire Pudding Batter Mix		Wheat		✓			✓						✓	
Garlic Mayo				✓										
Frozen Yorkshire Pudding		Wheat		✓			✓							