



ALLERGENS 25/2/19 - 5/4/19

	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Main Course														
BBQ Sauce (to go with sausages)										✓				
Beef Bolognaise	✓ Wheat								✓	✓				
Beef Burger	✓ Wheat					✓			✓					
Beef Nachos							✓							
Cheese, grated							✓							
Cheese Whirl	✓ Wheat		✓				✓			✓				
Chicken (cold sliced for salad)														
Chicken Fillet	✓ Wheat					✓						✓		
Chicken Drummer, Sticky						✓								
Chicken Fillet in Gravy	✓ Wheat					✓			✓	✓				
Chicken Nuggets	✓ Wheat		✓											
Corned Beef (Cold sliced for salad)														
Cottage Pie, Beef									✓					
Egg			✓											
Fish, Battered	✓ Wheat			✓										
Fishcake	✓ Wheat		✓	✓										
Fish Finger, Jumbo	✓ Wheat		✓	✓										
Fish Star	✓ Wheat			✓						✓				
Gravy	✓ Wheat					✓			✓	✓				



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Gravy, Vegetarian	✓ Wheat					✓			✓					
Ham												✓		
Hotdog (Frankfurter, Gluten Free)														
Macaroni Cheese	✓ Wheat						✓			✓				
Margherita Pizza	✓ Wheat						✓							
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓							
Quorn Balls in Tomato & Basil Sauce	✓ Wheat/Barley		✓											
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓				
Quorn Burger, Southern Style	✓ Wheat		✓				✓							
Quorn Bolognese	✓ Wheat		✓						✓	✓				
Quorn Cottage Pie	✓ Wheat								✓	✓				
Quorn Dog			✓											
Quorn Fillet in Vegetarian Gravy	✓ Wheat		✓						✓			✓		
Quorn Sausage Roll	✓ Wheat		✓				✓							
Quorn Sausage	✓ Wheat		✓				✓							
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓					✓		
Sausage	✓ Wheat													
Southern Fried Chicken	✓ Wheat		✓				✓		✓	✓				
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓											
Tuna Pasta	✓ Wheat		✓	✓						✓				



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Spaghetti Hoops (Wholemeal) in Tomato Sauce	✓ Wheat													
Swede, diced														
Sweetcorn														
Tomatoes, Roasted														
Vegetables, mixed														

Desserts

Apple & Blackberry Crunch	✓ Wheat													
Apple Strudel	✓ Wheat		✓											
Bakewell Tart	✓ Wheat		✓											
Cappuccino Cup Cake	✓ Wheat		✓											
Carrot Cake	✓ Wheat		✓											
Chocolate Fudge Brownie	✓ Wheat		✓											
Chocolate Chip Sponge	✓ Wheat		✓				✓							
Chocolate & Orange Marble Cake	✓ Wheat		✓											
Chocolate Cup Cake, Decorated	✓ Wheat		✓											
Chocolate Custard/Sauce							✓							
Chocolate Sponge	✓ Wheat		✓											
Cookie, Chocolate Chip	✓ Wheat		✓				✓							
Cornflake Tart	✓ Wheat/Barley													
Custard							✓							
Custard Pots							✓							
Drizzle Cake, Lemon or Orange	✓ Wheat		✓				✓							



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Mousse, assorted							✓							
Pancakes with Choice of Flavoured Syrup	✓ Wheat		✓				✓							
Pink Sauce							✓							
Raspberry Sponge	✓ Wheat		✓											
Scone with Jam & Cream	✓ Wheat						✓							
Shortbread	✓ Wheat													
Shortbread Heart Biscuit	✓ Wheat													
Vanilla Sauce							✓							
Yogurt Pots							✓							
Yogurt, Frozen							✓							