





**MASTER COPY (updated April 2022)**

	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeric	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Chicken (cold sliced for salad)														
Chicken , Roast	✓ Wheat					✓					✓			
Chicken Drummer, Sticky						✓								
Chicken Fajita Wrap	✓ Wheat					✓		✓		✓				
Chicken Nuggets	✓ Wheat		✓											
Chicken Pie	✓ Wheat													
Chicken Wraps	✓ Wheat													
Corned Beef (Cold sliced for salad)														
Cottage Pie, Beef								✓						
Dumplings	✓ Wheat													
Egg			✓											
Fish, Battered	✓ Wheat			✓										
Fish, Breaded	✓ Wheat		✓	✓										
Fish in Breadcrumbs	✓ Wheat			✓										
Fish Pie	✓ Wheat			✓			✓							
Fishcake	✓ Wheat		✓	✓										
Fish Finger, Jumbo	✓ Wheat		✓	✓										
Fish Finger, Gluten free				✓										
Fish Goujons	✓ Wheat/Barley			✓										
Fish Star	✓ Wheat			✓						✓				
Gravy	✓ Wheat					✓		✓		✓				



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Gravy, Chicken	✓ Wheat					✓	✓		✓		✓			
Gravy, Vegetarian	✓ Wheat					✓			✓					
Ham												✓		
Hotdog (Frankfurter, Gluten Free)														
Lentil & Bean Pie	✓ Wheat		✓			✓								
Lentil & Chickpea Loaf			✓			✓			✓					
Lentil & Vegetable Pie														
Macaroni Cheese	✓ Wheat						✓			✓				
Mild Coconut Chicken Curry							✓							
Moussaka (Lamb)	✓ Wheat		✓				✓							
Moussaka (Vegetable)	✓ Wheat		✓				✓							
Pasta Carbonara	✓ Wheat		✓				✓							
Pizza, Margherita	✓ Wheat						✓							
Pizza, Pepperoni	✓ Wheat		✓				✓							
Pork Sausage Toad in the Hole	✓ Wheat		✓					✓						
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓							
Quiche, Cheese & Sweetcorn	✓ Wheat		✓				✓			✓				
Quiche, Cheese & Egg	✓ Wheat		✓				✓			✓				
Quiche, Egg, Spinach & Cheese	✓ Wheat		✓				✓							
Quorn Balls in Tomato & Basil Sauce	✓ Wheat/Barley		✓											
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓				



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Quorn Bap	✓ Wheat (in bap)													
Quorn Burger	✓ Wheat/Barley						✓							
Quorn Burger, Southern Style	✓ Wheat		✓				✓							
Quorn Fillet in Vegetarian Gravy	✓ Wheat		✓						✓			✓		
Roast Beef in Gravy	✓ Wheat					✓			✓	✓	✓			
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓					✓		
Sausage (Pork)	✓ Wheat													
Sausage Bap	✓ Wheat													
Sausage & Baked Bean Pie	✓ Wheat													
Sausage & Bean Pie	✓ Wheat/maize starch		✓											
Sausage wrapped in Bacon	✓ Wheat													
Southern Fried Chicken	✓ Wheat		✓				✓		✓	✓				
Soya Mince Bolognaise	✓ Barley					✓	✓		✓					
Soya Mince Cottage Pie	✓ Barley					✓	✓		✓					
Soya Mince	✓ Wheat					✓								
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓											
Stuffing Ball	✓ Wheat													
Sweet Potato, Chickpea & Spinach Curry							✓							
Three Bean Chilli														
Tuna Mayo Jacket			✓	✓										
Tuna Pasta	✓ Wheat		✓	✓						✓				



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Bread Flour Bap (used with Burger, Quorn Southern Style Burger, Chicken Fillet)	✓ Wheat					✓								
Bread, Fresh	✓ Wheat													
Bread Roll, Fresh, (used for Assorted Rolls)	✓ Wheat													
Couscous	✓ Wheat/Barley													
Hash Brown														
Hash Brown Nuggets														
Hotdog Roll (also used for Quorn dog and Fishfinger in a Roll)	✓ Wheat													
Naan Bread	✓ Wheat													
Oven Baked Chips														
Pasta	✓ Wheat		✓											
Potatoes, Dauphinoise	✓ Corn Starch						✓				✓			
Potato, Jacket														
Potatoes, Mashed														
Potatoes, New														
Potatoes, Herby Diced	✓ Wheat													
Potatoes, Roast	✓ Wheat													
Potato Smiles														
Potato Wedges														
Rice, Wholegrain & White														
Waffles			✓				✓							

**Vegetables**





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Sweetcorn														
Tomatoes, Roasted														
Vegetable Medley														
Vegetables, mixed														

## **Desserts**

Angel Delight							✓							
Apple & Blackberry Crunch	✓ Wheat													
Apple Crumble	✓ Wheat													
Apple Pie	✓ Wheat													
Apple Strudel	✓ Wheat		✓											
Bakewell Tart	✓ Wheat		✓											
Biscuit, Wholemeal Chocolate Orange	✓ Wheat		✓				✓							
Blood Sauce (pink sauce)							✓							
Blueberry Cup Cake			✓											
Brownie	✓ Wheat		✓											
Butterscotch Cookie	✓ Wheat						✓							
Cappuccino Cup Cake	✓ Wheat		✓											
Carrot Cake	✓ Wheat		✓											
Cheese							✓							
Cheese, Laughing Cow							✓							
Cheese Cake	✓ Wheat		May			May	✓							
Cheesecake, Fruit topped	✓ Wheat		May			May	✓							



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Cherry Bakewell	✓ Wheat/Semolina		✓											
Chocolate Biscuit Cake	✓ Wheat						✓							
Chocolate Fudge Brownie	✓ Wheat		✓											
Chocolate Chip Sponge	✓ Wheat		✓				✓							
Chocolate & Orange Marble Cake	✓ Wheat		✓											
Chocolate Cup Cake, Decorated	✓ Wheat		✓											
Chocolate Krispie Christmas Pudding	✓ Maize Starch													
Chocolate Rice Krispie Cake	✓ Maize Starch													
Chocolate Custard/Sauce							✓							
Chocolate Shortbread	✓ Wheat													
Chocolate Sponge	✓ Wheat		✓											
Coconut Biscuit	✓ Wheat													
Coconut Tart	✓ Wheat		✓											
Cookie, Chocolate Chip	✓ Wheat		✓				✓							
Crackers (for Cheese)	✓ Wheat		May				May				May			
Cornflake Tart	✓ Wheat/Barley													
Cream							✓							
Cream Bun	✓ Wheat		May			May	✓							
Creepy Cup Cake	✓ Wheat		✓											
Christmas Pudding	✓ Wheat		✓				✓							
Custard							✓							
Custard Pots							✓							
Donut (Ring)	✓ Wheat					✓	May							









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Shortbread, Apple	✓ Wheat													
Shortbread Heart Biscuit	✓ Wheat													
Shortbread, Festive	✓ Wheat													
Sparkler Biscuit	✓ Wheat													
Spooky Shortbread	✓ Wheat													
Spooky Sponge	✓ Wheat		✓			✓	✓							
Sticky Toffee Sponge	✓ Wheat		✓											
Strawberry Cake	✓ Wheat		✓											
Strawberry Shortcake	✓ Wheat						✓							
Syrup Sponge														
Trifle	✓ Wheat		✓				✓							
Vanilla Sauce							✓							
Victoria Sponge	✓ Wheat		✓											
Waffle & Fruit	✓ Wheat		✓			✓	✓							
Yogurt Pots							✓							
Yogurt, Frozen							✓							
Yum Yum	✓ Wheat		✓				✓							