

Item (Mains)	Fish	Gluten	Soy	Egg	Seeds	Mustard	Milk	Coconut	Palm	V/ Ve
Baked Beans										vegan
Baguette		gluten								vegan
BBQ Chicken										
Beef Burgers										
Breaded Fish	fish	gluten					milk			
Bolognaise		gluten					milk			
Burger Bun		gluten							palm	vegan
Cheese and Onion Flan		gluten		egg			milk			v
Cheese, Onion Quiche		gluten		egg			milk			v
Chicken Burger		gluten	soy						palm	
Chicken, Mushroom pie		gluten					milk			
Chicken Korma							milk	coconut		
Chicken Sweet & Sour										
Chicken Tikka Masala							milk			
Chilli Chicken				egg						
Coleslaw				egg						v
Garlic Bread		gluten					milk			v
Gluten Free Sausages										
Korma Sauce							milk	coconut		vegan
Lasagne		gluten	soy	egg			milk			
Macaroni Cheese		gluten		egg		mustard	milk			v
Meat and Potato pie		gluten	soy				milk			
Naan Bread		gluten					milk			vegan

Pasta		gluten								vegan
Pizza		gluten					milk			
Pies and Sausage rolls		gluten					milk			
Poppadum's										vegan
Pork Sausages		gluten								
Pork and Apple Burger		gluten	soy							
Quorn Bolognaise		gluten	soy	egg			milk			v
Quorn Dippers		gluten		egg			milk			v
Quorn Sausages		gluten		egg						v
Quorn Shepherd's Pie		gluten		egg			milk			v
Red Pepper and Lentil Flan		gluten		egg			milk			v
Rice										vegan
Spaghetti Hoops		gluten					milk			v
Shepherd's Pie		gluten	soy				milk			
Stuffing		gluten								vegan
Sweet and Sour Chicken										
Sweet and Sour Vegetables										vegan
Szechuan Pork		gluten	soy		sesame					
Tikka Sauce							Milk			v
Tomato Basil Pasta Bake		gluten			seed oil		milk			v
Tortilla Wraps		gluten								vegan
Tuna Pasta Bake	fish	gluten					milk			
Vegetable Balti										vegan
Vegetable Burger		gluten				mustard	milk			v
Vegetable Lasagne		gluten		egg			milk			v

Item (Desserts)	Fish	Gluten	Soy	Egg	Seed	Mustard	Milk	Coconut	Palm	V / Ve
Chocolate Biscuit		gluten		egg			milk			v
Chocolate Cracknel		gluten					milk	coconut	palm oil	v
Chocolate Crunch		gluten		egg			milk			v
Cornflake Fudge		gluten					milk	coconut	palm oil	v
Cornflake Tart		gluten		egg			milk	coconut		v
Fairy Cakes		gluten		egg						v
Fruit Crumble		gluten					milk			v
Ginger Biscuits		gluten					milk			v
Iced Finger Buns		gluten	soy				milk		palm oil	v
Marble Sponge		gluten		egg			milk			v
Rosalie Biscuits		gluten								v
Shortbread		gluten			seed		milk			v
Strawberry Roly Poly		gluten		egg	seed		milk			v
Strawberry Shortcake										v
Syrup Sponge		gluten		egg			milk			v