

Allergens	No Allergen	Fish	Sulphites	Gluten	Soy	Egg	Sesame	Mustard	Milk	Molluscs	Lupin	Peanuts	Nuts	Celery	Crustaceans	V/VE*
Baguette				✓												VE
Baked Egg Spinach & Cheese Tart				✓		✓			✓							V
Baked Beans				✓												VE
BBQ Chicken	✓															
Beef Burger	✓															
Beef Burger - Organic				✓												
Beef Chilli					✓											
Beef Chilli Tacos				✓												
Beef Lasagne				✓				✓	✓							
Beef Meatballs				✓												
Beef Tacos																
Big Breakfast																
• Bacon	✓															
• Sausage				✓												
• Tinned Tomatoes			✓													
• Hash Browns	✓															
• Beans				✓												
Bolognaise				✓					✓							
Battered/Breaded Fish		✓		✓					✓							
Brown Bread Rolls				✓												V
Burger Bun				✓					✓							VE
Butter Chicken									✓							
Cabbage	✓															VE
Carrots	✓															VE
Cheese									✓							V
Cheesy Bean Enchilada				✓				✓	✓							
Cheese & Onion Slice				✓	✓			✓	✓							V
Chicken & Mushroom Pie				✓				✓	✓							
Chicken Burger				✓	✓											
Chicken Enchiladas				✓					✓							
Chicken Fillet	✓															
Chicken Korma									✓							

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Chicken Tikka									√							
Chicken & Veg Hotpot				√												
Chips	√															VE
Coleslaw						√										
Cottage Pie									√							
Creamed Potatoes									√							V
Crumb Topped Veggie Bake				√				√	√							V
Cucumber	√															VE
Curry Sauce				√	may	may		may	may					√		V
French Bread Pizza with Cheese				√					√							V
French Bread Pizza: Ham & Pineapple			√	√					√							
French Bread Pizza: Pepperoni & Cheese				√					√							
Garlic Bread				√					√							V
Gluten Free Sausages		√														
Gluten Free Pasta		√														
Gravy			√													
Green Beans	√															VE
Hash Brown	√															V
Hunters Chicken				√	√			√	√							
Hunters Quorn				√	√			√	√							V
Jacket Potato with Beans	√															V
Jacket Potato with Cheese									√							V
Jacket Potato with Tuna Mayo		√		√				√	√							
Jacket Potatoes	√															VE
Korma Sauce								√	√							V
Lasagne Beef				√	√	√		√	√							
Lasagne Vegetarian				√		√		√	√							
Lettuce	√															VE
Macaroni Cheese				√				√	√							
Mediterranean Sauce-for meatballs														√		
Naan Bread				√					√							VE



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Sausage Roll				√					√							
Spaghetti Hoops				√					√							V
Spicy Rice	√															
Spinach & Chick Pea Curry	√															
Steak Slice				√	√											V
Sticky BBQ Chicken				√	√			√						√		
Stuffing				√												VE
Sweet Chilli Chicken				√	√	√			√							
Sweetcorn				√												VE
Tikka Sauce									√							V
Tinned Tomato	√															VE
Toast and Butter				√					√							VE
Tomato	√															V
Tomato and Basil Pasta Bake					√		√		√							V
Tomato and Chick Pea Curry	√															
Tuna Mayo		√		√		√										
Tuna Pasta Bake		√		√					√							
Vegan Chilli					√											
Vegan Cottage Pie					√											
Vegan Sausage Roll				√												VE
Vegan Meatballs				√	√	may	may	may						may		
Veggie Balti														√		
Vegetarian – Burger				√				√	√							V
Vegetarian Bolognaise				√	√	√			√							V
Veggie Enchiladas				√					√							
Vegetarian Lasagne				√		√		√	√							V
Vegetarian Tacos				√	√											V
Vegetarian Tikka/Balti									√					√		VE
White Bread Roll				√												V
Wrap with Chicken Mayo				√												
Yorkshire Pudding				√		√			√							V
Zingy Coleslaw	√															

**Desserts:**

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Apple & Blackberry Cobbler				✓	✓	✓		✓	✓		✓			✓		✓
Apple & Cinnamon Crumble				✓	✓	✓		✓	✓		✓			✓		
Apple Flapjack				✓	✓			✓			✓			✓		
Apricot Oat Cookie			✓	✓	✓			✓			✓			✓		
Banana Flapjack				✓	✓			✓			✓			✓		
Banana Muffin				✓	✓			✓			✓			✓		✓
Berry Muffin			✓	✓	✓	✓		✓			✓			✓		
Berry Shortbread Sandwich				✓	✓	✓		✓	✓		✓			✓		
Blueberry Muffin				✓	✓	✓		✓			✓			✓		✓
Carrot Cake				✓	✓	✓		✓			✓			✓		✓
Chocolate & Beetroot Brownie				✓	✓	✓		✓			✓			✓		✓
Chocolate Biscuit				✓	✓	✓		✓	✓		✓			✓		✓
Chocolate Brownie				✓	✓	✓		✓			✓			✓		✓
Apple & Cinnamon Cobbler				✓	✓	✓		✓	✓		✓			✓		
Apple Sponge				✓	✓	✓		✓	✓		✓			✓		
Banana & Toffee Muffin				✓	✓	✓		✓			✓			✓		
Berry Muffin				✓	✓	✓		✓			✓			✓		
Berry Sponge				✓	✓	✓		✓			✓			✓		
Carrot Cake Muffin				✓	✓	✓		✓	✓		✓			✓		
Cherry Cookie			✓	✓	✓			✓			✓			✓		
Cherry & Coconut Cookie			✓	✓	✓			✓			✓			✓		
Chocolate Brownie				✓	✓	✓		✓			✓			✓		
Chocolate Cookie				✓	✓			✓			✓			✓		✓
Chocolate Cracknel				✓	✓			✓	✓		✓			✓		✓
Chocolate Crunch				✓	✓	✓		✓	✓		✓			✓		✓
Chocolate Chilled Biscuit				✓	✓			✓	✓		✓			✓		
Chocolate Orange Biscuit				✓	✓			✓			✓			✓		✓
Chocolate Orange Cookie				✓	✓			✓			✓			✓		
Chocolate Orange Rosalie Biscuit				✓	✓			✓			✓			✓		
Chocolate Orange Sponge				✓	✓	✓		✓			✓			✓		
Chocolate & Pear Sponge/Cake				✓	✓	✓		✓			✓			✓		
Coconut & Cherry Cookie			✓	✓	✓			✓			✓			✓		✓
Cookie				✓	✓			✓			✓			✓		





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\* Key: V = Vegetarian VE = Vegan