

Allergens	No allergens	Fish	Sulphites	Gluten	Soy	Egg	Sesame	Mustard	Milk	Molluscs	Lupin	Peanuts	Nuts	Celery	Crustaceans	Veggie/Vegan
Baguette				√			may									VE
Baked Beans	√															VE
BBQ Chicken	√															
Beef Burger				√	√											
Beef Chilli Tacos				√	√											
Beef Lasagne				√				√	√							
Beef Meatballs				√												
Big Breakfast																
• Bacon	√															
• Sausage			√	√	√											
• Tinned Tomatoes	√															VE
• Hash Browns	√															VE
• Beans	√															VE
Bolognese				√					√							
Battered/Breaded Fish		√		√												
Brown Bread Rolls			may	√	√	may		may	may		may		may			VE
Burger Bun				√			may									VE
Cabbage	√															VE
Carrots	√															VE
Cheese									√							V

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Cheesy Bean Enchilada				✓					✓							✓
Cheese & Onion Slice				✓	✓			✓	✓							✓
Chicken & Mushroom Pie				✓	✓				✓							
Chicken & Ham Pie				✓	✓				✓							
Chicken Fillet Burger	✓															
Chicken Enchiladas				✓					✓							
Chicken Fillet (roast dinners)	✓															
Chicken Korma									✓							
Chicken Tikka									✓							
Chips	✓															VE
Coleslaw						✓										V
Cottage Pie									✓							
Creamed Potatoes									✓							V
Cucumber	✓															VE
Curry Sauce				✓	may	may			may							V
Dairy Free Cheese	✓															
French Bread Pizza (Cheese)				✓		may		may	✓					may		V
French Bread Pizza (Ham)				✓		may		may	✓					may		
French Bread Pizza (Pepperoni)				✓		may		may	✓					may		
Garlic Bread				✓					✓							V

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Gluten Free Sausages			✓													
Gluten Free Pasta	✓															VE
Gluten Free Pizza (Cheese)					✓			may								V
Gluten Free Pizza (Ham)					✓			may								VE
Gluten Free Pizza (Pepperoni)					✓			may								
Gravy (all Gluten Free)	✓															
Green Beans	✓															VE
Hunters Chicken								✓	✓							
Hunters Quorn Fillet				✓				✓	✓							VE
Jacket Potato	✓															VE
Jacket Potato with Beans	✓															VE
Jacket Potato with Cheese									✓							V
Jacket Potato with Tuna Mayonnaise		✓				✓										
Korma Sauce									✓							V
Lasagne - Beef				✓	may	may		✓	✓					may		
Lasagne - Vegetable				✓	may	may		✓	✓					may		V
Lasagne - Quorn				✓	may	may		✓	✓					may		V
Lettuce	✓															VE
Macaroni Cheese				✓				✓	✓							V
Mediterranean Sauce (for meatballs)				✓										✓		V

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Naan Bread																VE
Panini with Cheese				✓			may		✓							V
Panini with Ham & Cheese				✓			may		✓							
Panini with Chicken Tikka				✓			may									
Panini with BBQ Meatballs				✓			may									
Panini with Tuna & Cheese				✓			may									
Pasta				✓												VE
Pasta with Basilica Sauce				✓												VE
Pasta with Chicken Italiana Sauce				✓												
Pasta with Margherita Sauce				✓					✓							V
Pasta with Italian Meatballs				✓												
Pasta with Spicy Sausage				✓												
Pasta with Tangy Tomato				✓												VE
Peas	✓															VE
Poppodom	✓			may												VE
Pork & Apple Burger			✓	✓	✓											
Pork Sausage			✓	✓												
Potato Wedges	✓															
Quorn Cottage Pie						✓			✓							V
Quorn Chicken Dippers				✓												VE

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Quorn Enchiladas						✓			✓							V
Quorn Fillet				✓												VE
Quorn Sausages				✓												VE
Rice	✓															VE
Roast Beef	✓															
Roast Chicken Breast	✓															
Roast Pork	✓															
Roast Pork with Apple Sauce			✓													
Roast Turkey	✓															
Roast Potatoes	✓															VE
Sandwich Bread (white & brown sliced)				✓	✓											VE
Sandwich Bread (white & brown rolls)				✓	✓											VE
Sandwich Bread (baguettes)				✓												VE
Sandwich Fillings:																
• Cheese									✓							V
• Egg Mayonnaise						✓										V
• Ham or Chicken	✓															
• Tuna Mayonnaise		✓				✓										
• Lettuce/Cucumber/Tomato	✓															VE
Sausage Roll			✓	✓	✓											

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Spaghetti Hoops				✓												VE
Steak Slice				✓	✓											
Stuffing				✓												V
Sweetcorn	✓															VE
Tikka Sauce									✓							V
Tinned Tomatoes	✓															VE
Toast (Morning Break)				✓												VE
Tomato	✓															VE
Tomato & Basil Pasta Bake				✓												V
Tuna Mayonnaise		✓				✓										
Tuna Pasta Bake		✓		✓												
Vegan Sausage Roll				✓												VE
Vegan Meatballs				✓												VE
Veggie Tikka									✓							V
Veggie Burger				✓					may							V
Veggie Bolognese with Cheese				✓					✓							V
Veggie Enchiladas				✓					✓							V
Veggie Tacos				✓	✓											V
Wrap with Sweet Chilli Chicken		may	may	✓	✓	may	may	may	may					may		
Wrap with Quorn Vegan Dippers				✓												VE

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Desserts																
Apple & Strawberry Pie				✓												VE
Cherry Crumble				✓												VE
Chocolate Crunch				✓		✓										V
Chocolate Sponge				✓		✓										V
Chocolate & Orange Sponge				✓		✓										V
Chocolate Sauce	✓															VE
Cornflake Tart				✓		✓										V
Custard									✓							V
Jelly pots																VE
Jam Roly Poly				✓		✓										V
Jam Sponge				✓		✓										V
Marble Sponge				✓		✓										V
Strawberry Crumble				✓		✓										V
Strawberry Crumble Slice				✓												VE
Strawberry Shortcake				✓		✓			✓							V
Syrup Sponge				✓		✓										V
Banana Cake				✓		✓										V
Blondies				✓		✓										V
Brownies				✓		✓										V

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Carrot Cake				✓		✓										✓
Cupcakes (with buttercream)				✓		✓										✓
Chocolate Cake (with buttercream)				✓		✓										✓
Chocolate Chilled Biscuit			✓	✓												VE
Chocolate Cookie				✓		✓										✓
Chocolate Cracknel				✓	may			may	✓							✓
Chocolate Dipped Shortcake				✓												VE
Cornflake Bar (Corny Jack)				✓	may			may								VE
Flapjack				✓												VE
Ginger Biscuits				✓												VE
Gluten Free Brownies						✓										✓
Ice Cream									✓							✓
Iced Finger Buns				✓												VE
Iced Shortbread				✓												VE
Iced Sponge Cake (plain or chocolate)				✓		✓										✓
Rosalie Biscuits				✓												✓
Scones				✓		✓			✓							✓
Victoria Sponge				✓		✓										✓

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