

Main Meals	Gluten (Wheat)	Eggs	Fish	Milk	molluscs	Mustard	Celery	Nuts	Peanuts	Seesame Seeds	Soya	Sulphur Dioxide	Lupin	Crustacean
Battered Salmon with Chips, Peas, Beans	Y wheat/barley		Y salmon											
Breaded Chicken Breast with Vegetable (Peas & Sweetcorn) Rice	y wheat													
Butcher's Sausage with Mash, Gravy, Peas	y wheat										y			
Cauliflower and Broccoli Bake,	y wheat			Y			y							
Cheese and Onion Pie, Roast Potatoes, Carrots, Broccoli	y wheat			Y										
Cheese and Tomato Pizza Slice, Chips, Peas, Beans	y wheat			Y										
Cheese, Pepperoni and Tomato Pizza Slice, Chips, Peas, Beans	y wheat			Y										
Chef's Chinese Chicken Curry with Rice, Naan Bread	y wheat						Y							
Cottage Pie, New Potatoes, Peas							Y							
Fresh BBQ Chicken, Wedges, Sweetcorn	Y wheat						Y				Y			
garlic bread	Y wheat			M							M			
Fresh Beef Lasagne	Y wheat			Y			Y							
gluten/dairy free lasagne							Y							
Fresh Vegetable Wrap, New Potatoes, Peas	Y wheat													
Harry Ramsden's Battered Fish, Chips, Peas, Beans	Y wheat		Y pollock											
Macaroni Cheese Bake	Y wheat			Y			Y							
Meatballs in Tomato Sauce Served with Vegetable Rice (Peas, Sweetcorn) (contains Beef and Pork)	Y wheat						Y					Y		
Pasta Tom sauce	Y wheat						Y							
Quorn & Pepper Wrap, Peas, Lettuce	Y wheat													
Quorn Fillet, Roast Potatoes, Broccoli, Carrots														
Roast Beef and Yorkshire Pudding, Roast Potatoes, Broccoli, Carrots	Y wheat	Y		Y										
Roast Chicken Dinner Roast Potatoes, Broccoli, Carrots														
Roast Turkey with Roast Potatoes, Broccoli, Carrots														
Roasted Peppers Stuffed with Vegetable Rice, Potato Wedges , Corn on the Cob														
Salt & Vinegar Fish Goujons, Chips, Peas, Beans	Y wheat		Y pollock											
Vegetable Curry with Rice, Naan Bread	Y wheat						Y							
Vegetable Lasagne, Sweetcorn	Y wheat			Y			Y							
Jacket Potato														
Tuna Mayonnaise	Y wheat	y				y					Y			
Cheese				Y										
Sandwiches														
Cheese	Y wheat			Y							Y			
Egg	Y wheat	Y				y					Y			
Tuna Mayonnaise	Y wheat		Y Tuna			y					Y			
Dessert														
Chocolate/Vanilla Mousse				Y										
Cookie	Y wheat			Y										
Flapjacks	Y Oats			y										
Fruit Crumble with Custard	Y wheat			Y										
Ice Cream				Y										
Iced Chocolate Sponge	Y wheat			Y										
Melting Moments	Y wheat			Y										
Shortbread	Y wheat			Y										
Sponge and Custard	Y wheat			Y										
Victoria Sponge Slice	Y wheat			Y										
Yoghurt				Y										

Y - indicates allergen

m - indicates may contain

subject to change due to supplier change issue