

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Butter CHICKpea Curry Naan Nachos & Mint Yoghurt, Yellow Rice, Kachumber Salad SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Cheesy Butternut Puff Pastry Slice, Herby Roasted New Pots, Summer Veg SEC - Aspens Services	Y Whe								Y	Y					
Chicken Madras Mint yoghurt & naan nachos, Yellow Rice, Kachumber Salad SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Creamy Chicken Carbonara Style Lasagne, Garlic Focaccia, Mixed Salad SEC - Aspens Services	Y Whe							Y	M	Y				Y	
NUT FREE Thai Style Chicken Satay, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Pineapple Glazed Gammon, Herby roasted New Pots, Summer Veg SEC - Aspens Services															
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	

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Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat							M	M	Y	M	M			
Summer Vegetable & Basil Lasagne, Garlic Focaccia, Mixed Salad SEC - Aspens Services	Y Whe							Y	M	Y				Y	
Sweet & Spicy Vegetable Stir Fry, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Crispy Honey Sesame Chicken, Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Garlic & Thyme Roasted Vegetable Bean Bake, Roasties, Green Beans & Carrots SEC - Aspens Services															
Homemade Smoky Pork & Red Onion Sausage Roll, Wedges, BBQ Beans SEC - Aspens Services	Y Whe							Y	Y					Y	
Slow Roast Pulled Garlic & Thyme Pork, Roasties, Green Beans & Carrots SEC - Aspens Services															
Smoked Cheese & Onion Pastry Slice, Wedges, BBQ Beans SEC - Aspens Services	Y Whe								Y	Y					
Spicy Bean & Cheese Quesadilla, Steamed Rice, Mexican Chopped Salad SEC - Aspens Services	Y Whe Rye Bar Oat									Y					
Spicy Mexicana Beef Corn Tacos Avocado Crema, Steamed Rice, Mexican Chopped Salad SEC - Aspens Services	M Whe Rye Bar Oat														
Sweet Chilli Aubergine, Mushroom & Edamame Stir Fry Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe							Y	Y						

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Cajun Chicken Loaded Mac Cheese with Spicy BBQ Drizzle & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Classic Baked Mac with Garlic Crispy Crumb & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Greek Pork Souvlaki Flatbread with Tzatziki , Lemon & Oregano Wedges, Med Salad SEC - Aspens Services	Y Whe							M		Y				Y	
Harissa Lemon Chicken Tagine, Tomato Rice, Chakalaka Salad SEC - Aspens Services	M Whe Rye Bar Oat													Y	
Masala Spiced Veggie Sausage, Cumin Yorkies, Spiced Gravy, Masala Roasties, Steamed Greens SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Misir Wot, Tomato Rice, Chakalaka Salad SEC - Aspens Services	M Whe Rye Bar Oat														
Tikka Roast Chicken, Cumin Yorkies, Spiced Gravy, Masala Roasties, Steamed Greens SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
TIROPITA Greek Cheese Pie, Lemon & Oregano Wedges, Med Salad SEC - Aspens Services	Y Whe Bar Oat								Y	Y	M	M	Y	Y	

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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Butter Chickpea Curry, Rice, Green Beans & Cauliflower SEC - Aspens Services										Y					
Cheesy Butternut Puff Pastry Slice, Herby Roasted New Pots, Summer Veg SEC - Aspens Services	Y Whe								Y	Y					
Chicken Tikka Masala, Rice, Green Beans & Cauliflower SEC - Aspens Services										Y					
Hand Pressed BBQ Glazed Pork & Apple Burgers With Apple Slaw ,Hand Cut Wedges, Mixed Salad SEC - Aspens Services	Y Whe								Y				Y		
NUT FREE Thai Style Chicken Satay, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Pineapple Glazed Gammon, Herby roasted New Pots, Summer Veg SEC - Aspens Services															
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	

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Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat							M	M	Y	M	M			
Sweet & Spicy Vegetable Stir Fry, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Veggie Dog With Apple Slaw ,Hand Cut Wedges, Mixed Salad SEC - Aspens Services	Y Whe							M	Y				M		
Cauliflower & Broccoli Cheese Bake, Yorkie, Roasties, Green Beans & Cauliflower SEC - Aspens Services	Y Whe								Y	Y					
Falafel Flatbread Wrap, Garlic Sauce, Steamed Rice, Mixed Salad SEC - Aspens Services	Y Whe							Y	Y	Y				Y	
Garlic Roasted Chicken, Yorkie, Roasties, Green Beans & Cauliflower SEC - Aspens Services	Y Whe								Y	Y					
Homemade Smoky Pork & Red Onion Sausage Roll, Wedges, BBQ Beans SEC - Aspens Services	Y Whe							Y	Y					Y	
Pork Kofte with Garlic Sauce & Flatbread Fingers, Steamed Rice, Mixed Salad SEC - Aspens Services	Y Whe Rye Bar Oat							Y	Y	Y				Y	
Proper Chicken Pie in Gravy , Crushed New Pots, Broccoli & Peas SEC - Aspens Services	Y Whe								Y						
Smoked Cheese & Onion Pastry Slice, Wedges, BBQ Beans SEC - Aspens Services	Y Whe								Y	Y					
Veggie Lentil & Onion Pie, Crushed New Pots, Broccoli & Peas SEC - Aspens Services	Y Whe Bar														
Braised Sausages in Onion Gravy, Mashed Potato, Leek, Cabbage & Peas SEC - Aspens Services	Y Whe							Y						Y	

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Cajun Chicken Loaded Mac Cheese with Spicy BBQ Drizzle & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Classic Baked Mac with Garlic Crispy Crumb & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Crispy Honey Sesame Chicken, Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Garlic & Thyme Roasted Vegetable Bean Bake, Roasties, Green Beans & Carrots SEC - Aspens Services															
Slow Roast Pulled Garlic & Thyme Pork, Roasties, Green Beans & Carrots SEC - Aspens Services															
Sweet Chilli Aubergine, Mushroom & Edamame Stir Fry Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe							Y	Y						
Veggie Braised Sausages in Onion Gravy, Mashed Potato, Leek, Cabbage & Peas SEC - Aspens Services	Y Whe														

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Whe	Wheat
Rye	Rye
Bar	Barley

Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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2oz Plain Beefburger SEC - Aspens Services	Y Whe							Y					M		
BBQ Cheese Loaded Chips SEC - Aspens Services	Y Whe									Y					
Cheese & Jalapeno Toastie SEC- Aspens Services	Y Whe							Y		Y					
Chicken Burger (Theos) - Aspens Services	Y Whe										Y		M		
Chicken Tinga Burrito SEC - Aspens Services	Y Whe									Y					
Loaded Chips - Pepperoni Marinara SEC - Aspens Services										Y					
Masala Mayo Dog SEC - Aspens Services	Y Whe							Y	Y				M	Y	1
Mexican Chicken Quesadilla SEC - Aspens Services	Y Whe									Y					

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Southern Chicken MINI SNACK Wrap SEC - Aspens Services	Y Whe							Y	Y		Y				1
Southern Chicken Strips Wrap SEC - Aspens Services	Y Whe							Y	Y		Y				1
Southern Fried Chicken Strips & Chips SEC - Aspens Services	Y Whe							Y			Y				
Theos Hot Chicken Wrap - Original - Aspens Services	Y Whe								Y						
Ultimate Fish Finger Bap SEC - Aspens Services	Y Whe			Y					Y	Y			M		
Bean Chilli Rice Pot SEC - Aspens Services															
Best Ever Premium Bolognese Pot SEC - Aspens Services	Y Whe Bar									Y					
Carbonara Pasta Pot SEC - Aspens Services	Y Whe									Y					
Chicken Tikka Masala Rice Pot SEC - Aspens Services										Y					
Chinese Chicken Curry Noodle Pot SEC - Aspens Services	Y Whe Rye Bar Oat							M	Y	M	M	M			
Classic Meatball marinara Pasta Pot - Aspens Services	Y Whe Bar							M		M					
Garlic Pulled Chicken Alfredo Pot SEC - Aspens Services	Y Whe									Y					
Mac n' Cheese Pot SEC - Aspens Services	Y Whe									Y					

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Simple Chicken Curry Rice Pot SEC - Aspens Services	M Whe Bar														
Simple Chicken Korma Rice Pot SEC - Aspens Services															
Spicy Chicken Hot Pasta Pot SEC - Aspens Services	Y Whe Bar														
Sweet & Sour Chicken Noodles SEC - Aspens Services	Y Whe							Y	Y						
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket Potato & Beans SEC - Aspens Services															
Jacket Potato & Cheese SEC - Aspens Services										Y					
Jacket Potato & Slaw SEC - Aspens Services									Y						
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Chicken Caesar Pasta Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y					
Chicken Caesar Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y					
Chickpea with Mint Yoghurt & Crispy Onions Big Bowl SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Citrus Chicken & Summer Veg Salad SEC Big Bowl - Aspens Services										Y					
Herby Gem Lettuce and Roasted Chickpea Salad Big Bowl SEC - Aspens Services	M Whe Rye Bar Oat									Y					

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Hoi Sin Chicken & Vegetable Noodle Salad SEC Big Bowl - Aspens Services	Y Whe							Y	Y				Y		
Lemon Roasted Courgette with Grains and Seeds Big Bowl SEC - Aspens Services	M Whe Bar									Y				Y	
Mexican Chicken, Bean & Avocado Salad Big Bowl SEC - Aspens Services															
Moroccan Cous Cous & Roasted Vegetable Big bowl SEC - Aspens Services	Y Whe							M				M			
North African Big Bowl Salad with Mint Yoghurt Big Bowl SEC - Aspens Services	Y Whe							M	Y	Y		M			
Spicy Asian Cucumber Noodle Salad SEC Big Bowl - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Tex Mex Sweet Potato, Corn & Bean Salad SEC Big Bowl - Aspens															
BBQ Bean & Crispy Onion Loaded Jacket SEC - Aspens Services	Y Whe														
Bean Chilli & Crispy Onion Loaded Jacket SEC - Aspens Services	Y Whe														
Bolognese Loaded Spud SEC - Aspens Services	M Whe Bar									Y					
Cajun Chicken & Spicy BBQ Drizzle Loaded Spud SEC - Aspens Services										Y					
Carbonara & Cheese Loaded Jacket SEC - Aspens Services	Y Whe									Y					

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Chicken Korma Loaded Spud with Mint Yoghurt & Crispy Onion SEC - Aspens Services	Y Whe								Y	Y					
Chicken Tikka Loaded Jacket With Mint Yoghurt SEC - Aspens Services									Y	Y					
Chicken Tinga Loaded Spud SEC - Aspens Services															
Chinese Chicken Curry Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat							M	M	M	M	M			
Greek Pork Souvlaki with Tzatziki Loaded Spud SEC - Aspens Services										Y				Y	
Harissa Lemon Tagine Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat													Y	
Meatball Marinara Loaded Spud SEC - Aspens Services	Y Whe Bar							M		M					
Mexicana Beef & Avocado Loaded Jacket SEC - Aspens Services	M Whe Rye Bar Oat														
NUT FREE Thai Style Chicken Satay Loaded Spud SEC - Aspens Service	Y Whe							Y							
Spicy Chicken Loaded Jacket SEC - Aspens Services	M Whe Bar														
Caramel Banana Sponge SEC - Aspens Services	Y Whe Bar							Y	Y	Y					
Choco Cherry Flapjack SEC - Aspens Services	Y Whe Bar Oat													Y	

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Chocolate Brownie Cookie SEC HB - Aspens Services	Y Whe Bar							Y	Y	Y					
Chocolate Mandarin Brownie SEC - Aspens Services	Y Whe								Y						
Cinnamon Apple Turnover & Custard SEC - Aspens Services	Y Whe								Y	Y					
Coconut & Lime Cookie - Aspens Services	Y Whe													Y	
Custard Duffin SEC - Aspens Services	Y Whe								Y	Y					
Dutch Apple Crumble Pie & Custard SEC - Aspens Services	Y Whe								Y	Y					
Scones with Cream & Jam SEC - Aspens Services	Y Whe								Y	Y					
Sticky Toffee Cookie SEC HB - Aspens Services	Y Whe													Y	
Tropical Fruit Crumble & Custard SEC - Aspens Services	Y Whe Bar Oat									Y				Y	
Vanilla Sprinkle Sponge & Custard SEC - Aspens Services	Y Whe								Y	Y					

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Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts