

Allergen Report

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Classic Peri Peri Crunch Wings VP MK2 - Aspens Services	Y Whe									Y					
Theos Hot Chicken Wrap - BBQ - Aspens Services	Y Whe								Y						
Chicken Tikka Masala Pizza (Tugo) SEC - Aspens Services	Y Whe								Y	Y				Y	
Mexican Hot Chilli Bean Burrito SEC - Aspens Services	Y Whe														
Battered Chicken Burger MMB - Aspens Services	Y Whe										Y		M		
French Croque Pizza (Tugo) SEC - Aspens Services	Y Whe									Y					
Sweet Chilli Chicken & Edamame Burrito SEC - Aspens Services	Y Whe							Y							

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Classic Tikka Crunch Wings VP MK2 - Aspens Services	Y Whe									Y					
Theos Hot Chicken Wrap - Original - Aspens Services	Y Whe								Y						
Chicken Biryani Burrito SEC - Aspens Services	Y Whe								Y	Y					
Mac & Cheese Pizza (Tugo) SEC - Aspens Services	Y Whe									Y					
Classic Argentinian Chimichurri Crunch Wings VP MK2 - Aspens Services	Y Whe									Y					
Theos Hot Chicken Wrap - Cajun - Aspens Services	Y Whe								Y						
Halal Katsu Chicken Pizza (Tugo) SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	Y	M	M			
Apple Crumble & Custard SEC - Aspens Services	Y Whe Bar Oat									Y					
Sticky Toffee Pudding & Custard SEC - Aspens Services	Y Whe Bar Oat								Y	Y				Y	
Homemade Chocolate Cornflake Cookie SEC - Aspens Services	Y Whe Bar							Y		Y					
Homemade Lemon White Chocolate Chip Cookie SEC HB - Aspens Services	Y Whe							Y		Y					
Homemade Milk Chocolate Chip Cookie SEC - Aspens Services	Y Whe Bar							Y		Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Homemade Oat & Raisin Cookie SEC - Aspens Services	Y Whe Bar Oat														
Homemade Toffee Chocolate Chip Cookie SEC HB - Aspens Services	Y Whe Bar							Y		Y					
Homemade White Chocolate Chip Cookie SEC - Aspens Services	Y Whe							Y		Y					
Vanilla Sprinkle Sponge SEC - Aspens Services	Y Whe								Y	Y					
Brownie Trifle Pot SEC - Aspens Services	Y Whe									Y					
Jam Duffin SEC - Aspens Services	Y Whe								Y	Y					
Treacle Sponge & Custard SEC - Aspens Services	Y Whe								Y	Y				Y	
Marble Cake - Aspens Services	Y Whe								Y						
Brookie (Brownie & Cookie) SEC - Aspens Services	Y Whe Bar							Y		Y					
Palmier Biscuit SEC - Aspens Services	Y Whe														
Choco Popcorn Dessert Bars SEC - Aspens Services	Y Whe							Y		Y					
Apple & Cinnamon Strudel with Custard SEC - Aspens Services	Y Whe								Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Chocolate Oat Cake SEC - Aspens Services	Y Whe Bar Oat									M					
Cajun Pasta & Roasted Summer Veg Salad - Aspens Services	Y Whe														
MEXICAN TORTILLA CRUNCH BOWL SALAD SEC - Aspens Services	M Whe Rye Bar Oat							M							
Tikka Chicken & Mint Yoghurt Salad Big Bowl SEC - Aspens Services									Y	Y					
Big Bowl Crunchy Ranch & Egg Salad SEC - Aspens Services	Y Whe								Y			Y			
Big Bowl Jerk Chicken & Pineapple Salad SEC - Aspens Services															
RAMEN INSPIRED NOODLE SALAD WITH EGG SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Best Ever Premium Bolognese Pot SEC - Aspens Services	Y Whe Bar									Y					
Broccoli Spinach Pea & Pesto Pasta Pot SEC - Aspens Services	Y Whe									Y					
Carbonara Pasta Pot SEC - Aspens Services	Y Whe									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					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Garlic Pulled Chicken Alfredo Pot SEC - Aspens Services	Y Whe									Y					
Hot Pasta Pot with Homemade Tomato Sauce - Aspens Services	Y Whe Bar														
Hot Pasta Pot with Homemade Tomato Sauce & Cheese HD - Aspens Services	Y Whe Bar									Y					
Lean Chicken Bolognese Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
Protein Mac n Cheese Pot SEC - Aspens Services	Y Whe Bar									Y					
PROTEIN Spicy Pork & Garlic Ragu Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
Sweet & Sour Veg Noodle Pot SEC - Aspens Services	Y Whe							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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Penne Bolognese Bake with Italian Tomato & Greens Salad SEC - Aspens Services	Y Whe Bar									Y				Y	
Veggie Bolognese Bake with Italian Tomato & Greens Salad SEC - Aspens Services	Y Whe Bar									Y				Y	
Caribbean Brown Chicken Stew with Rice n Pea & Callaloo SEC - Aspens Services	Y Whe							Y							
Creamy Rasta Pasta with Callaloo SEC - Aspens Services	Y Whe									Y					
Roast Pork & Stuffing With Gravy, Skin On Garlic Roasties, Red Cabbage & Carrots SEC - Aspens Services	Y Whe														
Maple Butternut Puff Pastry Slice with Skin On Garlic Roasties, Red Cabbage & Carrots SEC - Aspens Services	Y Whe								Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Crispy Bang Bang Chinese Chicken with Soy & Garlic Noodles , Stir Fried Asian Vegetables SEC - Aspens Services	Y Whe							Y	Y			M			
Chinese Style Vegetable Curry with Soy & Garlic Noodles , Stir Fried Asian Vegetables SEC - Aspens Services	Y Whe Rye Bar Oat							Y	Y	M	M	M			
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	
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			
Tex Mex Smoky Beef Enchilada with Sour Cream, Corn Salsa & Sweet Potato Home Fries SEC - Aspens Services	Y Whe Rye Bar Oat									Y					
Texan Smoky Bean Fajitas with Sour Cream, Street Corn Salsa & Sweet Potato Home Fries SEC - Aspens Services	Y Whe									Y					
Korean Sticky Sesame Chicken Noodles with Stir Fried Asian Vegetables SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Vegetable Bibimbap Rice Bowl Topped with Fried Egg & Asian Vegetables SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Glazed Gammon Roast Yorkshire Pudding & Gravy - Skin on roasties & Root Veg SEC - Aspens Services	Y Whe								Y	Y					

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Open Cheese & Potato Pie with Crispy Garlic & Onion Crumb - Skin on Garlic Roasties Roasted & Root Vegetables SEC - Aspens Services	Y Whe									Y					
Chicken Korai Topped with Poppadom Crunch & Pomegranate, Yellow Rice & Coconut Green Beans SEC - Aspens Services														Y	
Curried Aloo Gobi, Yellow Rice & Coconut Green Beans SEC - Aspens Services														Y	
Cheeseburger Inspired Pasta Bake & Garlic Greens SEC - Aspens Services	Y Whe Bar								Y	Y		Y			
Cheesy Garlic Mushroom & Leek Mac & Cheese with Garlic Greens SEC - Aspens Services	Y Whe									Y					
Pork Stifado & Greek Pilaf Rice with Greek Salad SEC - Aspens Services															
Gigantes (Bean Stew) Greek Pilaf & Crusty Bread with Greek Salad SEC - Aspens Services	Y Whe Rye Bar Oat														
Lemony Garlic Chicken Bake Topped With Sage & Onion Crumb - Skin on Garlic Roasties, Roasted Summer Vegetables SEC - Aspens Services	Y Whe													Y	
Honey & Thyme Glazed Veggie Bangers - Skin on Garlic Roasties, Roasted Summer Vegetables SEC - Aspens Services	Y Whe														
Portuguese Peri Pulled Pork in Spiced Tomato Sauce - Tomato Rice & Summer Salad SEC - Aspens Services	M Whe Bar														
Portuguese Smokey Bean Empanadas -Tomato Rice & Summer Salad SEC - Aspens Services	Y Whe Bar														

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Cauliflower Cheese, Roasties, Fresh Veg, Gravy SEC - Aspens Services	Y Whe									Y					
Chinese Sweet & Sour Chicken, Rice, Asian Vegetables SEC - Aspens Services	Y Whe							Y							
Sticky Veggie Bangers - Crushed New Potatoes, Peas SEC - Aspens Services	Y Whe														
Chinese Style Vegetable Curry, Rice, Asian Vegetables SEC - Aspens Services	M Whe Rye Bar Oat							Y	M	M	M	M			
Cottage Pie with Cheesy Chive Mash, Green Beans & Broccoli SEC - Aspens Services	M Whe Bar									Y					
CLASSIC CHICKEN PIE, Mashed Potato & Seasonal Vegetables SEC - Aspens Services	Y Whe								Y						
Veggie Cottage Pie, Green Beans & Broccoli SEC - Aspens Services	M Whe Bar														
Veggie Sausage, Mash & Seasonal Vegetables SEC - Aspens Services	Y Whe														
Roast Pork Sausages with Red Onion - Crushed New Potatoes, Peas SEC - Aspens Services	Y Whe							Y						Y	
Chicken Korma, Rice, Coconut Green Beans SEC - Aspens Services														Y	
Veggie Chickpea Korma, Rice, Coconut Green Beans SEC - Aspens Services														Y	
Minced Beef & Onion Pie - Mash & Cabbage SEC - Aspens Services	Y Whe Bar														

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Lentil & Onion Pie - Mash & Cabbage SEC - Aspens Services	Y Whe Bar														
BBQ Pulled Pork Bap With Coleslaw & Firecracker Rice SEC - Aspens Services	Y Whe								Y				M		
Cheesy Garlic Mushroom & Leek Mac & Cheese with Coleslaw SEC - Aspens Services	Y Whe								Y	Y					

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Yes

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

Wal	Walnuts
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Apple Tart Tatin & Custard SEC - Aspens Services	Y Whe									Y					
Aspens Best Ever Chocolate Brownies SEC - Aspens Services	Y Whe Bar							Y	Y	Y					
Aspens Toffee Cookies SEC - Aspens Services	Y Whe														
Baked Cheesecake SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Banana & Chocolate Loaf Cake - Aspens Services	Y Whe Bar Oat							Y	Y	Y				Y	
Banana Sticky Toffee Pudding & Custard SEC - Aspens Services Aspens Services	Y Whe Bar Oat								Y	Y					
Brownie Blondie Ripple SEC - Aspens Services	Y Whe								Y	M					

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Chai Spiced Baked Rice Pudding SEC - Aspens Services										Y					
Cinnamon Raisin Oat Cookie SEC - Aspens Services	Y Whe Bar Oat														
Cookie Cheesecake Slice SEC - Aspens Services	Y Whe									Y					
Custard Tart SEC - Aspens Services	Y Whe									Y					
Lemon Meringue Apple Crumble & Custard SEC - Aspens Services	Y Whe Bar Oat								Y						
Maple Apple Pie & Whipped Cream SEC - Aspens Services	Y Whe								Y	Y					
Old School Jam Cornflake Crunch SEC - Aspens Services	Y Whe Bar														
Toasted Coconut & Pineapple Upside-down Cake SEC - Aspens Services	Y Whe								Y					Y	

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Mac	Macadamia
Pec	Pecan
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BBQ Beans & Pink Onion Loaded Spud SEC - Aspens Services															
Beef Mince & Onion Loaded Spud SEC - Aspens Services	Y Whe Bar														
Bolognese Loaded Spud SEC - Aspens Services	M Whe Bar									Y					
Cheese, Caramelised Onion & Mac Sauce Loaded Spud SEC - Aspens Services									Y	Y		Y		Y	
Chicken Tikka Balti Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Chinese Curry Char Sui Pork Loaded Spud SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		
Japanese Curry Chicken Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat							M	M	M	M	M	Y		

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Jerk Chicken & Pineapple Slaw Loaded Spud SEC - Aspens Services									Y	Y				Y	
Lebanese Chicken & Mint Yoghurt Loaded Spud SEC - Aspens Services	Y Bar														
Masala Mayo, Cheese & Crispy Onion Loaded Spud SEC - Aspens Services	Y Whe								Y	Y					
Masala Meatball Balit Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Meatball Marinara Loaded Spud SEC - Aspens Services	Y Whe Bar							M		M					
Mexican Beef Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat														
Pulled Ham Carbonara Sauce Loaded Spud SEC - Aspens Services	Y Whe									Y					
Smoky Spanish Beans & Aioli Loaded Spud SEC - Aspens Services									Y						
Spicy Peri Chicken & Cheese Loaded Spud SEC - Aspens Services										Y					
Swedish Meatball Loaded Spud SEC - Aspens Services										Y					
Best Ever Premium Bolognese Pot SEC - Aspens Services	Y Whe Bar									Y					
Chicken Chow Mein Noodles SEC - Aspens Services	Y Whe							Y	Y						

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Chinese Char Sui BBQ Chicken Sauce with Noodles SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		1
Classic Meatball marinara Pasta Pot - Aspens Services	Y Whe Bar							M		M					
Lean Chicken Bolognese Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
PROTEIN Spicy Pork & Garlic Ragu Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
Super Green Lentil Pesto Wholegrain Pasta SEC - Aspens Services	Y Whe Bar									Y					1
Teriyaki Chicken Stir Fry & Egg Noodle Pot SEC - Aspens Services	Y Whe							Y	Y						
Thai Green Vegetable Noodles Pot SEC - Aspens Services	Y Whe Bar								Y						1
Ultimate Pulled Ham Carbonara Pot SEC - Aspens Services	Y Whe									Y					1
Vegetable Chow Mein Pot SEC - Aspens Services	Y Whe							Y	Y				Y		1
12.5 Tugo Round Pepperoni Pizza Slice - Aspens Services	Y Whe							Y		Y		Y			
BBQ Cornflake Crunch Wings SEC - Aspens Services	Y Bar														
BBQ Pink Onion Dog SEC - Aspens Services	Y Whe							Y					M	Y	1
Cheesy Chips SEC - Aspens Services										Y					

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Chicken Burger (Theos) - Aspens Services	Y Whe										Y		M		
Curried Chicken & Spinach Wrap SEC - Aspens Services	Y Whe Bar														
Drowned BBQ & Crispy Onion Wings SEC - Aspens Services	Y Whe														
Mac & Cheese Pizza (Tugo) SEC - Aspens Services	Y Whe									Y					
Masala Mayo Dog SEC - Aspens Services	Y Whe							Y	Y				M	Y	1
Mexican Hot Pizza (Tugo) SEC - Aspens Services	Y Whe									Y					1
Theos Hot Chicken Wrap - Chinese - Aspens Services	Y Whe								Y						
Tugo Pizza Slice - 12.5 Round Thai Curry Pizza HD - Aspens Services	Y Whe							M		Y					1
Butterbean & Avo Super Green Salad Big Bowl SEC - Aspens Services										Y					
Citrus Chicken, Spinach & Mozzarella SEC - Aspens Services										Y					
Indian Chickpea Greens & Mint Yoghurt Big Bowl SEC - Aspens Services	M Whe Rye Bar Oat								Y	Y					
Roasted Tomato & Spinach Pasta Salad SEC - Aspens Services	Y Whe														

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Skinny Chicken Avo Caesar SEC - Aspens Services	Y Whe								Y	Y					
Quinoa Superfood Bowl SEC - Aspens Services	M Whe Bar							Y						Y	
Grain and Seed Health Big Bowl SEC - Aspens Services	M Whe Bar							Y						Y	
Zesty Kale & Tandoori Chickpea SEC - Aspens Services	M Whe Rye Bar Oat														
Cobb Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y		Y			
Big Bowl Honey Mustard Chicken Cobb Salad SEC - Aspens Services	Y Whe								Y	Y		Y			
Pasta Butterbean, Roasted Tomato & Spinach Big Bowl - Aspens Services	Y Whe														
California Caprese SEC - Aspens Services										Y					

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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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Swedish Style Meatballs in Gravy With Cranberry Jam, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y					
HALAL Swedish Style Meatballs in Gravy With Cranberry Jam, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y					
Summerset Apple, Leek & Bean Stew, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y				Y	
Char Sui Roast Pork with Chinese Curry Sauce, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		
HALAL Char Sui Roast Chicken with Chinese Curry Sauce, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		

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Chinese Style Vegetable Curry, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	M Whe Rye Bar Oat							Y	M	M	M	M			
Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
HALAL Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Veggie Banger Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
HALAL Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
Cheese & Onion Burger with Smoky Tomato Relish, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe Bar								Y	Y			Y		
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			
Selection of Battered Fish, Halal 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	
Jacket 50 & Baked Beans HD - Aspens Services															
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket Potato & Slaw SEC - Aspens Services									Y						
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Peri Crispy Chickpea & Butterbean Pasta Bake, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Honey Mustard Glazed British Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe							Y				Y		Y	
HALAL Honey Mustard Glazed British Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe							Y				Y		Y	
Honey Mustard Glazed Quorn Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe											Y		Y	

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Slow Roast Garlic & Rosemary Pork + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
HALAL Roast Garlic & Rosemary Chicken + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
"Cauliflower & Broccoli Cheesy Bake , Aspens Ultimate Roasties, Savoy Cabbage SEC - Aspens Services	Y Whe									Y					
Chicken Tikka Balti Curry, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
HALAL Chicken Tikka Balti Curry, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Butternut Tomato Chilli Masala, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services										Y					
Jacket Potato & Cheese SEC - Aspens Services										Y					
Jacket Potato & Beans SEC - Aspens Services															
Minced Beef Hotpot Topped with Root Veg & Potatoes, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
HALAL Minced Beef Hotpot Topped with Root Veg & Potatoes, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
Lentil, Onion & Root Veg Hotpot, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
Smothered BBQ Chicken & Cheese Melt, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services										Y					

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HALAL Smothered BBQ Chicken & Cheese Melt, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services										Y					
Cajun Spiced Bean Burger, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services	Y Whe Bar Oat												M		
Maple Glazed Gammon, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
HALAL Maple Glazed Chicken, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
Honey Carrot & Apple Wellington, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services	Y Whe								Y	Y					
Slow Braised Pork & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
HALAL Slow Braised Chicken & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
Spinach, Cream Cheese & Roasted Vegetable Lasagne, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	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

Allergen Report

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Mexican Beef & Smashed Avo Rice Bowl, Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Rye Bar Oat														
Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Peri Crispy Chickpea & Butterbean Pasta Bake, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Mexican Beef & Smashed Avo Rice Bowl, Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Rye Bar Oat														
Smokey Chipotle Bean & Avo Rice Bowl , Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Bar														

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Slow Roast Garlic & Rosemary Pork + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
HALAL Roast Garlic & Rosemary Chicken + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
"Cauliflower & Broccoli Cheesy Bake , Aspens Ultimate Roasties, Savoy Cabbage SEC - Aspens Services	Y Whe									Y					
"Lebanese 7 Spice Chicken & Hummus Flatbread, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat							M		M			Y		
HALAL Lebanese 7 Spice Chicken & Hummus Flatbread, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat							M		M			Y		
Baharat Potato, Lentil & Tahini Roast, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat												Y		
Jacket Potato & Beans SEC - Aspens Services															
Jacket Potato & Cheese SEC - Aspens Services										Y					
Masala Meatball Balti, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
HALAL Masala Meatball Balti, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Butternut Tomato Chilli Masala, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services										Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Katsu Spiced Chicken Bao Bun, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	Y	M	M	Y		
HALAL Katsu Spiced Chicken Bao Bun, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	Y	M	M	Y		
Sticky Ginger Hoisin Vegetable Bao, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Bar Oat							Y	M	Y	M	M	Y		
Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
HALAL Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Veggie Banger Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
HALAL Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Cheese & Onion Burger with Smoky Tomato Relish, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe Bar								Y	Y			Y		
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	
Selection of Battered Fish, Halal 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	
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			
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket 50 & Baked Beans HD - Aspens Services															
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Jacket Potato & Slaw SEC - Aspens Services									Y						
Jerk Pan Chicken Focaccia Mango Mayo & Pineapple Slaw, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	
Slow Braised Pork & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
HALAL Jerk Pan Chicken Focaccia Mango Mayo & Pineapple Slaw, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
"Jerk Charred Aubergine & Smashed Chickpea Focaccia, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	
Smoky Spanish Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe							Y	Y					Y	
HALAL Smoky Spanish Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe							Y	Y					Y	
Smoky Spanish Quorn Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe								Y						
Maple Glazed Gammon, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
HALAL Maple Glazed Chicken, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
Honey Carrot & Apple Wellington, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services	Y Whe								Y	Y					
HALAL Slow Braised Chicken & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
Spinach, Cream Cheese & Roasted Vegetable Lasagne, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					

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 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