DISHES AND THEIR ALLERGEN CONTENT – BUTTY BAR

DISHES														
	Celery	**Cereals Containing Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Baguette		WHEAT												
Jacket Potato														
Beans														
Cheese							✗							
Chicken Tikka Mayo				✗										
Ham														
Tuna Mayo				✗	✗									

DISHES AND THEIR ALLERGEN CONTENT – CAKES AND BISCUITS

DISHES													
	Celery	**Cereals Containing Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
DOUGHNUTS		WHEAT		**MAY CONTAIN**			**MAY CONTAIN**					**MAY CONTAIN**	**MAY CONTAIN**	
Carrot Cake		WHEAT		✗										
Plain or Chocolate Muffin		WHEAT		✗			✗						**May contain**	
Flapjack		OATS												
Jam Rock bun		WHEAT		✗										
Brownie		WHEAT		✗										
Iced Vanilla Sponge		WHEAT		✗			✗						**May contain**	
Iced Chocolate Sponge		WHEAT		✗			✗						**May contain**	
Chocolate Cookie		WHEAT		✗			✗						**MAY CONTAIN**	
Shortbread Biscuit		WHEAT												

Ginger Biscuit		WHEAT												

DISHES AND THEIR ALLERGEN CONTENT – CURRYS AND PASTA

DISHES														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pasta		WHEAT							MAY CONTAIN				MAY CONTAIN	
Rice														
Balti Sauce									✗					
Korma Sauce							✗							
Tikka Sauce							✗							
Tomato & Basil Sauce														

DISHES AND THEIR ALLERGEN CONTENT – GRAB AND GO

DISHES														
	Celery	**Cereals Containing Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Baguette or Wrap		WHEAT												
BBQ Chicken	✗	WHEAT BARLEY											✗	
Cajun Chicken														
Chicken Tikka														
Jerk Chicken														
Tandoori Chicken														
Cheese Pizza		WHEAT					✗						**May contain**	
Hot & Spicy Chicken Burger		WHEAT												
Chips														
Gravy	✗	WHEAT BARLEY		**MAY CONTAIN**			✗		**MAY CONTAIN**				**MAY CONTAIN**	

DISHES AND THEIR ALLERGEN CONTENT – WEEK 1 MAIN SERVE

DISHES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beef Chilli, Rice & Chopped Salad		WHEAT												
Vegetarian Chilli, Rice & Chopped Salad		BARLEY WHEAT		✗										
Vegan Sausage, Mash & Mixed Vegetables		WHEAT												
Sausage, Mash & Mixed Vegetables		WHEAT												✗
Quorn Nugget Wrap, Wedges & Sweetcorn		WHEAT												
Salt & Pepper Chicken Wrap, Wedges & Sweetcorn	**May contain**	WHEAT		**May contain**	**May contain**		**May contain**					**May contain**	**May contain**	
Cajun Chicken, Pasta, Chopped Salad & Crusty Bread		WHEAT					✗		**May contain**				✗	
Quorn Cajun Chicken, Pasta, Chopped Salad & Crusty Bread		WHEAT		✗			✗		**May contain**				✗	
Fish, Chips & Mushy Peas		WHEAT			✗		✗							
Cheese Pizza, Chips & Beans		WHEAT					✗						**MAY CONTAIN**	

Gravy	✗	WHEAT BARLEY		MAY CONTAIN			✗		MAY CONTAIN				MAY CONTAIN	
Salmon Fish Fillet in Batter		WHEAT BARLEY			✗									

DISHES AND THEIR ALLERGEN CONTENT – WEEK 2 MAIN SERVE

DISHES														
	Celery	**Cereals Containing Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Meatballs in Arrabbiata Sauce, Pasta & Sweetcorn		WHEAT					✗		**MAY CONTAIN**				**MAY CONTAIN**	
Vegan balls in Arrabbiatta Sauce, Pasta & Sweetcorn		WHEAT BARLEY							**MAY CONTAIN**				**MAY CONTAIN**	
Meat Pie, Mash, Peas & Carrots	✗	WHEAT BARLEY		**MAY CONTAIN**	✗		✗		**MAY CONTAIN**				**MAY CONTAIN**	
Cheese & Onion Quiche, Diced Potatoes & Chopped Salad		WHEAT		✗			✗							
Southern Fried Chicken Burger, Curly Fries & Beans	✗	WHEAT												
Spicy Bean Burger, Curly Fries & Beans		WHEAT												

Lasagne, Chopped Salad & Crusty Bread		WHEAT		**MAY CONTAIN**			✗		**MAY CONTAIN**				**MAY CONTAIN**	
Vegetarian Lasagne, Chopped Salad & Crusty Bread		WHEAT BARLEY		✗			✗		**MAY CONTAIN**				**MAY CONTAIN**	
Fish, Chips & Mushy Peas		WHEAT			✗		✗							
Cheese Pizza & Chips		WHEAT					✗						**MAY CONTAIN**	
Salmon Fillet in Batter		WHEAT BARLEY			✗									
Gravy	✗	WHEAT BARLEY		**MAY CONTAIN**			✗		**MAY CONTAIN**				**MAY CONTAIN**	

DISHES AND THEIR ALLERGEN CONTENT – WEEK 3 MAIN SERVE

DISHES														
	Celery	**Cereals Containing Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Beef Bolognese, Spaghetti & Mixed Vegetables		WHEAT							**MAY CONTAIN**				**MAY CONTAIN**	
Vegetarian Bolognese, Spaghetti & Mixed Vegetables		WHEAT		✗					**MAY CONTAIN**				**MAY CONTAIN**	

Roast Chicken, Mash, Broccoli & Carrots														
Quorn Fillet, Mash, Broccoli & Carrots		WHEAT												
Beef Burger, Curly Fries & Beans		WHEAT											✗	✗
Onion Bhaji Burger, Curly Fries & Beans		WHEAT												
Chicken Enchiladas, Vegetable Rice & Chopped Salad		WHEAT BARLEY					✗							
Vegetarian Enchiladas, Vegetable Rice & Chopped Salad		WHEAT BARLEY		✗			✗							
Fish, Chips & Mushy Peas		WHEAT			✗									
Cheese pizza, Chips & Beans		WHEAT					✗						**MAY CONTAIN**	
Salmon Fillet in Batter		WHEAT BARLEY			✗									
Gravy	✗	WHEAT BARLEY		**MAY CONTAIN**			✗		**MAY CONTAIN**				**MAY CONTAIN**	