Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Sausages				✓										
Tuna			✓											
Chicken														
Pulled Pork				✓						✓				
Salmon bites		✓	✓	✓										
Italian bolognaise			✓	✓					✓					
Meatballs & tomato sauce				✓										
Beef														
Smokey Beef				✓	✓	✓								
Beef burger				✓										
Lasagna	✓		✓	✓					✓					
Gammon														
Oven baked cod nuggets		✓	✓	✓										
Harry Ramsden fish			✓	✓										
Oven baked fish fingers		✓	✓	✓										
Southern style chicken	✓	✓		✓	✓				✓	✓				
Chicken fajita				✓										
Chicken curry	✓										✓			
Barbecue chicken				✓	✓									
Chinese chicken				✓	✓									
Chicken Goujons				✓										
Turkey														
Sausage rolls	✓			✓										
Vegetarian sausages				✓										
Margherita pizza	✓	✓		✓					✓					
Broccoli & cauliflower cheese bake	✓			✓						✓				
Macaroni cheese	✓			✓						✓				
Quorn bolognaise	✓	✓		✓					✓					
Omelette	✓	✓								✓				
Tomato tumble	✓			✓					✓					
Vegetarian bites				✓										

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Quorn Sausages	✓	✓		✓										
Sweet chilli chicken				✓	✓				✓	✓				
Vegetable ravioli				✓					✓					
Meat pasty	✓	✓		✓	✓				✓	✓	✓			
Quorn chilli		✓												
Vegetarian burger	✓			✓					✓	✓				
Lentil Loaf	✓	✓		✓					✓					
Cheese & onion pasty	✓			✓	✓				✓		✓			
Quorn meatballs & tomato sauce	✓	✓		✓										
Quorn Burgers	✓	✓		✓										
Quorn Dippers	✓	✓		✓										
Smokey Quorn				✓	✓				✓					
Quorn Dippers														
Pizza	✓			✓					✓	✓				
Vegetarian chilli		✓												
Vegetarian lasagna	✓			✓					✓					
Vegetarian roast	✓	✓		✓					✓	✓				
Vegetarian pizza	✓			✓										
Vegetarian cheese quiche	✓	✓		✓						✓				
Cauliflower cheese	✓			✓						✓				
Cheese wheels	✓	✓		✓						✓				
Wrap				✓										
Potato gratin	✓													
Potatoes creamed	✓													
Potatoes jacket														
Potatoes roast														
Potatoes fried														
Potatoes sauted														
Potatoes jacket wedges														
Jacket filling - cheese & beans	✓													
Jacket filling - cheese	✓													

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Jacket filling - baked beans														
Jacket filling - tuna		✓	✓											
Pasta/spaghetti				✓										
Rice														
Bap/burger bun	✓	✓		✓		✓								
Spanish Tortilla	✓	✓								✓				
Garlic bread	✓			✓										
Naan				✓										
Yorkshire pudding	✓	✓		✓										
Pasta pots cheese	✓			✓										
Pasta pots tuna		✓	✓	✓										
Pasta pots tomato				✓					✓	✓				
Pasta pots chicken & sweetcorn		✓		✓										
Swede														
Carrot														
Sweetcorn														
Green beans														
Broccoli														
Cauliflower														
Peas														
Mixed vegetables														
Baked Beans														
Spaghetti hoops				✓										
Tomato ketchup														
Garlic dip	✓	✓		✓										
Stuffing				✓										
Gravy				✓										
Coleslaw		✓								✓				
Pineapple														
Peaches														

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Yoghurt	✓													
Iced Sponge	✓	✓		✓										
Jam sponge	✓	✓		✓										
Sticky toffee pudding	✓	✓		✓										
Flapjack	✓			✓										
Meringue		✓												
Chocolate cake	✓	✓		✓										
Rice krispy cake	✓													
Fruit jelly														
Pancakes	✓	✓		✓										
Chocolate cracknel	✓													
Chocolate cookie	✓			✓										
Chocolate mousse	✓													
Raspberry mousse	✓													
Cookie	✓			✓										
Custard biscuit	✓			✓										
Shortbread	✓			✓										
Fruit smoothie														
Fruit juice														
Fruit cocktail														
Tinned fruit														
Ice cream tub	✓													
Ice cream vanilla	✓													
Artic Roll	✓	✓		✓										
Cream	✓													
Custard	✓													
Chocolate sauce	✓													
Cheese & crackers	✓			✓										