Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Beef														
Gammon														
Chicken														
Turkey														
Beef burger				✓							✓			
Lasagna (beef)	✓		✓	✓					✓					
Italian bolognaise (beef)			✓	✓					✓					
Pork Meatballs & tomato sauce	✓			✓					✓					
Pork Sausage rolls	✓			✓										
Pork Sausages				✓	✓						✓			
Pepperoni pizza	✓			✓					✓					
Chicken fajita				✓										
Chicken curry											✓			
Chicken grill				✓										
Chicken Goujons				✓										
Chicken Noodles		✓		✓	✓									
Tuna			✓											
Salmon bites		✓	✓	✓										
Oven baked cod nuggets		✓	✓	✓										
Harry Ramsden fish			✓	✓										
Oven baked fish fingers			✓	✓										
Breaded Fish		✓		✓										
Salmon Fingers			✓	✓										
Turkey Dinosaurs	✓													

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Quorn Sausages				✓										
Quorn bolognaise	✓	✓		✓					✓					
Quorn chilli		✓												
Quorn Burgers	✓	✓		✓										
Quorn Dippers				✓										
Smokey Quorn				✓	✓				✓					
Quorn Chicken Style pieces curry		✓												
Vegetarian burger	✓			✓					✓	✓				
Vegetarian meatfree balls														
Margherita pizza	✓			✓					✓					
Broccoli & cauliflower cheese bake	✓			✓						✓				
Macaroni cheese	✓			✓						✓				
Cheese & onion pasty	✓			✓						✓				
Vegetarian cheese quiche	✓	✓		✓						✓				
Cauliflower cheese	✓			✓						✓				
Cheese wheels	✓	✓		✓										
Omelette	✓	✓								✓				
Vegetarian lasagna	✓			✓					✓					
Vegetarian carbonara				✓					✓					
Vegetarian pizza	✓			✓					✓					
Vegetarian fingers				✓										
Vegetarian bites				✓										
Vegetable ravioli				✓					✓					
Tomato tumble	✓			✓					✓					
Quorn chicken fajitas		✓							✓					
Potato Waffles				✓										

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Jacket filling - cheese & beans	✓													
Jacket filling - cheese	✓													
Jacket filling - baked beans														
Jacket filling - tuna		✓	✓											
Pasta pots cheese	✓			✓										
Pasta pots tomato	✓			✓					✓	✓				
Potatoes creamed														
Potatoes jacket														
Potatoes roast														
Potatoes fried														
Potatoes jacket wedges				✓										
Pasta/spaghetti				✓										
Rice														
Bap/burger bun	✓			✓										
Wrap				✓										
Spanish tortilla	✓	✓								✓				
Garlic bread	✓			✓										
Naan				✓										
Pitta bread				✓										
Yorkshire pudding	✓	✓		✓										
Plain potato wedges														
Ham Wrap				✓										
Chicken Wrap				✓										
Cheese Wrap	✓			✓										

Allergens Listing	Milk	Eggs	Fish	Gluten	Soyabeans	Sesame	Nuts	Peanuts	Celery	Mustard	Sulphur Dioxide	Crustaceans	Lupin	Mollusc
Swede														
Carrot														
Sweetcorn														
Green beans														
Broccoli														
Cauliflower														
Peas														
Mixed vegetables														
Baked Beans														
Tomato ketchup														
Garlic dip	✓	✓		✓										
Stuffing				✓										
Gravy														
Coleslaw		✓								✓				
Pineapple														
Peaches														
Fruit smoothie														
Fruit juice														
Fruit cocktail														
Tinned fruit														
Yoghurt	✓													
Pears														
Mandarins														

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