			,			Whey		4									
Meat dishes	Gluten	Wheat	Barley	Eggs	Milk	protein	Soya	Peanuts	Tree nuts	Sesame	Fish	Mustard	Celery	Shellfish	Pork	Beef	Sulphites
Beef Burger, Curly Fries, Peas	✓	✓	,	T	Т		Т						,			✓	✓
Cottage Pie with Peas and Carrots																✓	
All Day Brunch with Beans and Tomato	✓	✓													✓		
Chicken, Tomato Pasta & Sweetcorn	✓	√											✓				
Chicken Curry, Rice & Peas	✓	√										Т	✓				
Packed Lunches - Ham Roll	√	√	Т	Т	√		Т			Т					√		Т
Hot dog, Curly Fries, Peas	✓	✓		T	Т		√			T					✓	✓	✓
Lasagne, Garlic Bread & Sweetcorn	✓	✓		Т	✓		Т									✓	
Chicken and Sweecorn Lasagne, Garlic Bread and Peas	✓	✓		Т	✓		Т										
Pasta Bolognaise with Garlic bread & peas	✓	✓		T	√		T									✓	
Pasta Carbonara with Garlic Bread & Peas	√	✓		T	√		T								✓		
Pork Sausages, Mashed Potatoes, Gravy and Green Beans	√	/			_		· /								√	√	/
Roast Chicken, New/Roast Potatoes, Seasonal Veg & Gravy							•										-
Roast Ham, New/Roast Potatoes, Seasonal Veg & Gravy															/		_
Roast Pork, New/Roast Potatoes, Seasonal Veg & Gravy								1							·		
Roast Gammon, New/Roast Potatoes, Seasonal Veg & Gravy															·		
Chicken Souvlaki served with Warm Pitta Bread, Tzatziki & Salad	√	/			√		✓	1									
Meatballs in a Tomato Sauce with Pasta & Veg	·	→			→	1	· •	1				1		1	✓		
Christmas Dinner - Roast Turkey, Sausage, Roast potatoes, Stuffing balls, Sprouts,	•	•			•												
Carrots & Gravy	✓	✓	✓	Т	Т		т					т	т		✓	✓	1
,	√						'	-				- '	ı				
BBQ Chicken with mixed Rice & Cauliflower and Broccoli	∨	√					√	-									
Chicken & Vegetable stir fry served with Rice					√										✓		✓
Sausage Casserole, Mashed Potatoes & Peas	✓	✓ ✓					✓								✓ ✓	✓	
Ham & Cheese Pizza Slice & Sweetcorn				Т	√					T							
Spaghetti & Meatball with Garlic Flat Bread	✓	✓		,	√		T								✓		
Buttermilk Chicken, Diced Potato & Vegetable Sticks	✓	✓		√	√												
Egg & Bacon Lattice Pie, New Potatoes & Vegetables	√	✓		•	✓		,			,							
Sweet & Sour Chicken with Rice & Vegetable Medley	✓	✓		√			✓			✓							
Turkey Schnitzel, Diced potatoes with Carrots & Broccoli	✓	✓		✓	✓												
Pepperoni Twist, Homemade Wedges with Baked Beans	√	√		√	✓										✓		Т
Pulled Pork Roll with Apple Sauce & Coleslaw	✓	✓		T						Т					√		
Quiche Lorraine, New Potatoes and Mixed Vegetables	✓	✓		✓	✓										✓	,	
Bulgarian Moussaka with Yoghurt					✓										✓	✓	
						Whey											
Fish dishes	Gluten	Wheat	Barley	Eggs	Milk	protein	Soya	Peanuts	Tree nuts	Sesame	Fish	Mustard	Celery	Shellfish	Pork	Beef	Sulphites
Fishcake, Oven Chips, Peas	✓	✓									✓						
Battered Fish with Oven Chips and Peas	✓										✓						
Fish Fingers, Oven Chips, Peas	✓	✓									✓						
Salmon and Broccoli Parcels with wedges and Peas	✓	✓			✓						✓						
Salmon & Pea Pasta Bake	✓	✓					Т				✓						
Salmon Fishcake, Chips with Peas or Beans	✓	✓									✓						
Tuna and Sweetcorn Pasta Salad	✓	✓		✓			T				✓						
						Whey											
Vegetarian dishes	Gluten	Wheat	Barley	Eggs	Milk	protein	Soya	Peanuts	Tree nuts		Fish	Mustard	Celery	Shellfish	Pork	Beef	Sulphites
Packed Lunches - Cheese Roll	√	√	Т	Т	√	1	Т	1		Т		1		1	1		<u> </u>
Cheese and Tomato Pinwhees with oven Chips and Peas	✓	✓			✓												
Chickpea and Spinach Curry with Mixed Rice & Sweetcorn																	
Ů i																	
Tomato and Basil pasta with Garlic Slice	✓	✓															
Cheese and Potato Pie with Seasonal Veg	✓	✓			✓												
Tomato and Herb Quorn Fillet with Mash & Green Beans																	
Vegetarian Sausage Casserole with sweetcorn																	
Cheese & Broccoli Quiche with Mash Peas and Carrots	✓	✓		✓	✓												
Sweet Potato and Pea Fritter with Oven Chips and Peas	✓	✓			✓												
Cheese and Potato Pie with Seasonal Veg Tomato and Herb Quorn Fillet with Mash & Green Beans Vegetarian Sausage Casserole with sweetcorn Cheese & Broccoli Quiche with Mash Peas and Carrots	✓ ✓	✓ ✓		√	√												

			•				,					
Savoury Pancakes with Wedges and Peas	✓	✓		✓	✓							
Vegetarian Brunch With Beans and Tomato	✓											
Cheese & Tomato Baguette Pizza served with Wedges & Peas	✓	✓		T	✓			Т				
Cheese & Tomato Puff, Savoury Rice & Peas	√	✓		✓	✓					✓		
Stuffed Jacket potato with cheese & beans					✓							
Macaroni Cheese & Peas	✓	✓			✓	Т						
Vegan Meatballs in tomato sauce served with Spaghetti and veg	√	✓				✓						
Quorn Hotdog, Potato Wedges, Peas	√	✓				✓			T	Т		
Quorn Fillet, New/Roast Potatoes, Seasonal Veg, Gravy				✓								
Quorn Sausages, New/Roast Potatoes and Peas	√	✓										
Quorn Chilli served with Rice & Peas			✓ Gluten free barley	✓								
Spicy Tomato Pasta, Garlic Bread, Peas	✓	✓		T	✓	Т						
Vegetable Bolognaise with Pasta	✓	✓										
Vegan Vegetable Burger, Potatoes, Peas	✓	✓		T	Т	Т						T
Vegetable Lasagne, Garlic Bread & Peas	✓	✓		Т	✓	Т						
Vegetable Soup Baguette & Cheese	✓	✓		T	✓			T		✓		
Vegetarian Sausage Rolls with Wedges and Peas	✓	✓			✓							
Vegetable Curry & Naan Bread	✓	✓						T		✓		
Vegetable Nuggets, New Potato , Cauliflower and Broccoli	✓	✓										
Christmas Dinner - Vegetarian Chicken, Vegetarian Sausage, Roast Potatoes,												
Stuffing Balls, Sprouts, Carrots & Gravy	✓	✓	✓	✓	✓	Т			Т	Т		1
Tomato Soup, Baguette & Cheese	✓	✓		T	✓			T		✓		
Fasolada served with Warm Pitta Bread & Feta Cheese	✓	✓			✓	✓						
Focaccia with Salad & Yogurt Dip	✓	✓		✓	✓							
Cheese Salad Wraps with Coleslaw	✓	✓		✓	✓							
Margherita Pizza with Sweetcorn & Peas	✓	✓		Т	✓	*						
Cheese & Bean Parcel , Chips & Peas or Beans	✓	✓		✓	✓							
Crunchy Topped Pasta Bake with Sweetcorn or Peas	✓	✓			✓							
Cheese Omelette, Twisted Potatoes & Beans				✓	✓							
Quorn Mince Bolognaise with Pasta & Garlic Bread	✓	✓										
Cheese Baguette with Salad	✓	✓		T	✓			T				
Vegetable & Rice Burrito, Chips & Peas or Beans	✓	✓		✓	✓							
Chinese Noodles	✓	✓				✓		✓				
Stuffed Peppers served with Salad												

Sides/Accompaniments (new)						Milk/ Whey											
	Gluten	Wheat	Barley	Eggs	Milk	protein	Soya	Peanuts	Tree nuts	Sesame	Fish	Mustard	Celery	Shellfish	Pork	Beef	Sulphites
Coleslaw				✓													
Mushy Peas																	
Garlic Bread	✓	✓			✓		Т										
Naan Bread	✓	✓															
Mashed Potato					✓												
Stuffing balls	✓	✓					Т										
Gravy																	
Curly Fries	•	•															
Wedges	✓	✓															
Baguette	✓	✓		Т						Т							
						Milk/											
						Whey											
Desserts	Gluten	Wheat	Barley	Eggs	Milk	protein	Soya	Peanuts	Tree nuts	Sesame	Fish	Mustard	Celery	Shellfish	Pork	Beef	Sulphites
Blueberry Muffin	√	√	Buriey	√	√	P	T	1 Cultuts	Tree nats	Sesume	1 1311	iviastara	celety	31101111311	TOTK	Deel	Sulphites
Chocolate Muffin	· ·	√		√			<u> </u>	<u> </u>	 								
	· ·	·		· ·				1									
Dairy Free Jam & Coconut Sponge Ice Cream	-			*	√			-	 								
Lancashire Fruit Cookie	√	√			✓												
Marble Cake	✓	∨			•												
				✓													\vdash
Gingerbread Man	√	√			✓												
Iced Apple Chelsea Bun	✓	✓			✓												
Apple & Oaty Cookie	✓																
Dairy Free Flapjack	√Oats	T	Т														
Dairy Free Fruity Flapjack	√Oats	T	T														
Dairy Free Blueberry Muffin	✓	✓		✓			T										
Cherry Shortbread	✓	✓		✓	✓		T										✓
Chocolate Cupcake	✓	✓		✓	✓		Т										1
Chocolate Chip Cupcake	✓	✓		✓	✓		T										1
Cookie/Chocolate Chip Cookie	✓	✓			✓	T	✓										
Cornflake Cake	✓	✓	✓		✓	✓	✓										
Cherry Cookie	✓	✓			✓		T										✓
Sponge & Custard	✓	✓		✓	✓		Т										
Fruit Jelly																	
Flapjack	✓	✓	✓		✓												
Lime/Strawberry/Orange Jelly																✓	
Fruity Flapjack	√	✓	✓		✓												
Apple Shortbread	√	✓		✓	✓		Т										
Lemon Cupcake	√	✓		✓	✓		T										
Rice Krispie Cake	√	✓	✓		✓	√	√ ·										
Shortbread	·	<i>√</i>		✓	· /		T	1									
Banana Bread	· ·	·		· ·	· /		Ť	1									
Strawberry Yogurt Cake	·	·		· ✓	· /		T										
Sugar Ring Donut	√	√		T	T			1	 	Т							
Greek Honey and Yogurt Cake	▼	√			T		T	1		- 1							
	√	√		√													
Pineapple Cake		✓ ✓			✓ 		T	1	 								
Apple and Cinnamon Cookie	√			√	Т		T	1									1
Dairy free Lemon &Vanilla Cake	√	✓		✓			T										
Lemon Yogurt Cake	√	✓		✓	✓		T										——
Mixed Fruit Crumble	✓																—
Chocolate and Orange Mousse																	
Sultana Shortbread	✓	✓		✓	✓												✓
Jam Tart	✓	✓		✓	✓												✓
Carrot Cake	✓	✓		✓	✓												

Apple Strudel	✓	✓	✓	✓						
Triffle	✓	✓	✓							
Lemon Drizzle Cake	✓	✓	✓	✓						
Blueberry Cookie	✓	✓	~	✓						
Vanilla Cupcake	~	✓	✓		T					

✓ = Contains T = May contain traces