

ALLERGEN LISTING	 Milk	 Egg	 Fish	 Gluten	 Soybeans	 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 grills				✓										
Chicken Nuggets				✓										
Chicken Noodles		✓		✓	✓									
Tuna			✓											
Salmon bites		✓	✓	✓										
Oven baked cod nuggets		✓	✓	✓										
Harry Ramsden fish			✓	✓										
Oven baked fish fingers			✓	✓										

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Breaded Fish		✓		✓										
Salmon Fingers			✓	✓										
Turkey Dinosaurs	✓													
Quorn Sausages				✓										
Quorn chicken fajitas				✓					✓					
Quorn chicken noodles		✓		✓										
Quorn Chicken Style pieces curry				✓										
Quorn Dippers				✓										
Potato Waffles														
Vegetarian burger				✓						✓				
Vegetarian meat free 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	✓			✓					✓					

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Vegetarian fingers				✓										
Vegetarian bites				✓										
Vegetable ravioli				✓					✓					
Tomato tumble	✓			✓					✓					

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				✓										

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Naan				✓										
Pitta bread				✓										
Yorkshire pudding	✓	✓		✓										
Plain potato wedges														
Ham Wrap				✓										
Chicken Wrap				✓										
Cheese Wrap	✓			✓										
Swede														
Carrot														
Sweetcorn														
Green beans														
Broccoli														
Cauliflower														
Peas														
Mixed vegetables														
Baked Beans														
Tomato ketchup														
Garlic dip	✓	✓		✓										
Stuffing				✓										
Gravy														
Coleslaw		✓								✓				
Pineapple														

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Peaches														
Fruit smoothie														
Fruit juice														
Fruit cocktail														
Tinned fruit														
Yoghurt	✓													
Pears														
Mandarins														
Iced Sponge		✓		✓										
Jam sponge		✓		✓										
Sticky toffee pudding		✓		✓										
Flapjack				✓										
Meringue		✓												
Fruit jelly														
Pancakes	✓	✓		✓										
Chocolate cake		✓		✓										
Chocolate cracknel				✓										
Chocolate cookie				✓										
Chocolate mousse	✓													
Raspberry mousse	✓													
Angel Delight	✓													

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Cookie				✓										
Custard biscuit				✓										
Shortbread				✓										
Ice cream tub	✓													
Ice cream vanilla	✓													
Artic Roll	✓	✓		✓										
Cream	✓													
Custard	✓													
Chocolate sauce	✓													
Cheese & crackers	✓			✓										
Carrot Cake		✓		✓										
Primary Choice Cake		✓		✓										
Syrup Sponge Cake		✓		✓										
Sugar Free Cookies			✓	✓										
Mince (Savoury)			✓	✓										
Rice Pudding	✓													
Apple/Banana Cake	✓	✓		✓										
Crumble				✓										
Apple Cake		✓		✓										