









































DISHES AND THEIR ALLERGEN CONTENT

SUMMER MENU 2019

DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Macaroni Cheese		✓ Wheat					✓							
Ricotta Tortellini with Tomato & Basil Sauce		✓ Wheat		✓			✓							
Chicken & Broccoli Pasta Bake		✓ Wheat					✓							
Quorn Pasta Bake		✓ Wheat		✓			✓							
Jacket Potato with a Choice of Fillings				✓	✓ Tuna		✓		✓					
Roast of the Day with Yorkshire Pudding		✓ Wheat		✓			✓							
Veggie Roast of the Day with Yorkshire Pudding		✓ Wheat		✓			✓							
Tomato & Basil Pasta Bake		✓ Wheat		✓					✓					
Chicken Curry		✓ Wheat					✓		✓					
DISHES														















														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quorn Curry		✓ Wheat		✓			✓							
Mince or Pork Pie		✓ Wheat					✓							
Veggie Mince Pie		✓ Wheat		✓			✓						✓	
Salmon Bites		✓ Wheat			✓ Salmon				✓					
Salmon Fillet		✓ Wheat			✓ Salmon		✓		✓					
Cod & Salmon Fish Cakes		✓ Wheat			✓ Cod Salmon									
Chilli Con Carne														
Cheese Wrap		✓ Wheat					✓							
Chicken Casserole		✓ Wheat					✓							
Quorn Casserole		✓ Wheat		✓			✓							
Lasagne		✓ Wheat		✓			✓							

Meat Free Lasagne		✓ Wheat					✓						✓	
Fish Fingers		✓ Wheat			✓ Cod Pollock									
DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Enchiladas		✓ Wheat					✓							
Spaghetti Bolognese		✓ Wheat												
Savoury Mince with Yorkshire Pudding or Dumplings		✓ Wheat		✓			✓							
Veggie Mince with Yorkshire Pudding or Dumplings		✓ Wheat		✓			✓						✓	
Tuna or Cheese Melt or Wrap		✓ Wheat		✓	✓ Tuna		✓		✓					
Mediterranean Pasta Bake		✓ Wheat					✓							
Chicken Fajitas		✓ Wheat							✓					
Turkey Curry		✓ Wheat					✓		✓					















		✓ Wheat												
Oven Baked Sausage		✓ Wheat											✓	✓
Hunters Chicken		✓ Maize					✓							
DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Oven Baked Veggie Sausage		✓ Wheat											✓	✓
Pizza Wrap		✓ Wheat					✓							
Sloppy Joe's in a Bun		✓ Wheat												
Veggie Sloppy Joe's in a Bun		✓ Wheat											✓	
Chicken Pie		✓ Wheat					✓							
BBQ Pulled Chicken or Pork in a Bun		✓ Wheat												
Roast Pepper Frittata				✓			✓							
French Bread Pizza		✓ Wheat					✓							
DISHES														
Pasta / Rice	Celery	Cereals containing	Crustaceans	Eggs	Fish	Lupin	Milk /	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur

Potatoes / Bread		gluten					Dairy					seeds		Dioxide
Creamed Potatoes							✓							
Parsley Potatoes							✓							
Roast Potatoes														
Pasta		✓ Wheat												
Mini Potato Waffles														
Couscous		✓ Wheat												
Jacket Wedges														
Crusty Bread		✓ Wheat												
Garlic Bread		✓ Wheat					✓							
Sliced Bread		✓ Wheat												













DISHES AND THEIR ALLERGEN CONTENT

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chocolate & Pear Sponge with Chocolate Sauce		✓ Wheat		✓			✓							
Chocolate Sauce							✓							
Fruity Flapjack		✓ Wheat					✓							
Fruity Rice Pudding							✓							
Tutti Frutti Cake		✓ Wheat		✓			✓							
Glass of Milk							✓							
Fruit Whip							✓							
Fruit Meringue				✓			✓							

DISHES AND THEIR ALLERGEN CONTENT















DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fruit Smoothie														
Fruit & Ice Cream							✓						✓	
Homemade Biscuit		✓ Wheat					✓							
Vanilla Sponge		✓ Wheat		✓			✓							
Custard							✓							
Fruity Muffin		✓ Wheat		✓			✓							
Fruit Cheesecake		✓ Wheat					✓						✓	
Ice Cream Roll		✓ Wheat		✓			✓						✓	
Apple Crumble		✓ Wheat					✓							

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Peach / Fruit Sponge		✓ Wheat		✓			✓							
Fruit Mousse Slice		✓ Wheat		✓			✓							
Chocolate Brownie		✓ Wheat		✓			✓						✓	
Carrot Cake or Homemade Biscuit with a Glass of milk		✓ Wheat		✓			✓							
Chocolate & Mandarin Puddle Cake with Custard		✓ Wheat		✓			✓							
Jam / Syrup Sponge with Custard		✓ Wheat		✓			✓							
Sticky Toffee Pudding		✓ Wheat		✓			✓							

DISHES AND THEIR ALLERGEN CONTENT

Updated Items Winter 2018

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tortilla Chips / Nachos														
Sourdough Roll		✓ Wheat / Rye					✓					✓		
Poppadoms														
Ginger/Lemon Cake with Custard		✓ Wheat		✓			✓							
Cheese & Biscuits		✓ Wheat					✓							

