**DISHES AND THEIR ALLERGEN CONTENT 2021/2022**

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **MAINS** | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Roast of the Day with Yorkshire Pudding** |   | **✔** **Wheat** |   |  **✔**  |   |   | **✔**  |  |  |  |  |  |  |  |
| **Savoury Mince with Yorkshire Pudding or Dumplings** |   |  **✔** **Wheat** |   | **✔**  |   |   |  **✔**  |  |  |  |  |  |  |  |
| **Shepherds Pie** |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Mince or Pork Pie** |  | **✔ Wheat**   |  | **✔**  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Savoury Mince Pie** |   |  **✔ Wheat**  |   | **✔**  |   |   |  **✔**  |  |  |  |  |  |  |  |
| **Spaghetti Bolognese** |  | **✔ Wheat**  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lasagne** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| **Chilli Con Carne** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Enchiladas** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Oven Baked Sausage** |  |  **✔**  **Wheat** |  |  |  |  |  |  |  |  |  |  |  **✔**  |  **✔**  |
| **Hot Meat in a Bun** |  | **✔ Wheat**  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sloppy Joe’s in a Bun** |   | **✔ Wheat**   |  |  |  |  |  |  |  |  |  |  |  |  |

**DISHES AND THEIR ALLERGEN CONTENT 2021/2022**

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **MAINS** | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
|  **Chicken Casserole** |   | **✔ Wheat**   |   |   |   |   | **✔**  |  |  |  |  |  |  |  |
| **Chicken Pie**  |   | **✔** **Wheat** |   |   |   |   | **✔**  |  |  |  |  |  |  |  |
| **Chicken Curry** |   | **✔** **Wheat** |   |   |   |   | **✔**  |  | **✔**  |  |  |  |  |  |
| **Hunters Chicken** |  | **✔** **Maize** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Sweet & Sour Chicken** | **✔** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken & Broccoli Pasta Bake** |  |  **✔ Wheat** |  |  |  |  |  **✔** |  |  |  |  |  |  |  |
| **BBQ Pulled Chicken or Pork in a Bun** |  | **✔** **Wheat** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chicken Fajitas** |  | **✔ Wheat**  |  |  |  |  |  |  | **✔** |  |  |  |  |  |
| **Chicken Wrap** |  |  **✔ Wheat**  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Turkey Curry** |  | **✔ Wheat**  |  |  |  |  | **✔**  |  | **✔**  |  |  |  |  |  |
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**DISHES AND THEIR ALLERGEN CONTENT 2021/2022**

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **MAINS** | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Cheesy Pasta** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Macaroni Cheese** |  | **✔ Wheat** |  |  |  |   | **✔** |  |  |  |  |  |  |   |
| **Tuna Pasta Bake** |  |  **✔ Wheat** |  |  |  **✔****Tuna**  |  |  **✔**  |  |  |  |  |  |  |   |
| **Tomato & Basil Pasta Bake** |   | **✔** **Wheat** |   |  **✔**  |   |   |   |   |  **✔**  |  |  |  |  |  |
| **Ricotta Tortellini with Tomato & Basil Sauce** |   | **✔** **Wheat** |   |  **✔**  |   |   |  **✔** |  |  |  |  |  |  |  |
| **Mediterranean Pasta Bake** |   | **✔**  **Wheat**  |   |   |   |   | **✔**  |  |  |  |  |  |  |  |
| **Roast Pepper Frittata** |  |  |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| **Jacket Potato with a Choice of Fillings** |   |   |   | **✔**  | **✔****Tuna**  |   | **✔**  |   |  **✔** |  |  |  |  |  |
| **Tuna or Cheese Melt or Wrap** |   |  **✔ Wheat** |   |  **✔**  |  **✔****Tuna**  |   |  **✔**  |   |  **✔**  |  |  |  |  |  |
| **Cheese Wrap** |  |  **✔ Wheat** |  |  |  |  |  **✔** |  |  |  |  |  |  |  |

**DISHES AND THEIR ALLERGEN CONTENT 2021/2022**

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **MAINS** | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk / Dairy** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Homemade Margherita Pizza** |  | **✔ Wheat**  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **French Bread Pizza** |  | **✔ Wheat**  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Pizza Wrap** |  |  **✔ Wheat**  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Homemade Quiche** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |   |   |   |   |   |
| **Fish Fingers** |  | **✔ Wheat** |  |  | **✔****Pollock** |  |  |  |  |  |  |  |  |  |
| **Salmon Bites** |  | **✔** **Wheat** |  |  | **✔Salmon** |   |  |   |  |  |  |  |  |  |
| **Salmon Fillet** |   | **✔**  **Wheat** |   |   |  **✔Salmon** |   |   |   |  |  |  |  |  |   |
| **Cod & Salmon Fish Cakes** |  | **✔ Wheat**  |  |  | **✔****Cod Salmon** |  |  |  |  |   |   |   |   |   |
| **Fish Portion** |   | **✔** **Wheat** |   |   | **✔** **Whitefish**  |  |  |  |  |  |  |  |  |  |
| **Fish Cake** |  | **✔ Wheat** |  |  | **✔****Whitefish** |  | **✔** |  | **✔** |  |  |  |  |  |
| **Gluten free fish fingers** **206242C****PPM = PARTS PER MILLION**  |  | **✔ Wheat****Less than 20ppm** |  |  | **✔****Cod****Pollock** |  |  |  |  |  |  |  |  |  |

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **MAINS** | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Veggie Roast of the Day with Yorkshire Pudding** |   |  **✔** **Wheat** |   | **✔**  |   |   | **✔**  |  |  |  |  |  |  |   |
| **Veggie Mince with Yorkshire Pudding or Dumplings**  |   |  **✔ Wheat**   |   | **✔**  |   |   |  **✔**  |   |   |   |   |   |  **✔**  |   |
| **Veggie Mince Pie**  |   |  **✔**  **Wheat** |   |  **✔** |   |   |  **✔** |   |  |   |   |   |  **✔** |  |
| **Meat Free Lasagne** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  | **✔** |  |
| **Veggie Sloppy Joe’s in a Bun**  |   | **✔** **Wheat** |   |   |   |   |   |   |   |   |   |   | **✔**  |  |
| **Oven Baked Veggie Sausage** |  |   |  |  |  |  |  |  |  |  |  |  |  **✔**  |   |
| **Quorn Casserole** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  | **✔** |  |
| **Quorn & Vegetable Curry** |  | **✔**  **Wheat**  |  | **✔**  |  |  | **✔**  |  | **✔**  |  |  |  | **✔** |  |
| **Quorn Curry** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  | **✔** |  |
| **Quorn Pasta Bake** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  | **✔** |  |
| **Quorn Fajita/Enchiladas** |  | **✔ Wheat** |  |  |  |  |  |  | **✔**  |  |  |  | **✔**  |  |
| **Vegetable & Cheese bake** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Tortilla Chips / Nachos** |  | **✔**  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Poppadoms** |  | **✔**  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Egg Noodles** |  | **✔ Wheat** |  | **✔** |  |  |  |  |  |  |  |  |  |  |
| **Crusty Bread**  |   |  **✔ Wheat** |   |   |   |   |   |   |   |   |   |   |   |  |
| **Garlic Bread** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Sliced Bread** |  | **✔ Wheat** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Hollands Bread** |  | **✔ Wheat** |  |  |  |  |  |  |  |  |  |  | **✔** |  |
| **Sourdough Roll**  |  | **✔ Wheat / Rye** |  |  |  |  | **✔** |  |  |  |  | **✔** |  |  |
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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  **Pasta / Rice / Potatoes**  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Creamed Potatoes** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Parsley Potatoes** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Roast Potatoes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Smash** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  | **✔** |
| **Frozen potato** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
|  **Pasta** |   | **✔ Wheat**  |   |   |   |   |   |   |   |   |   |   |   |   |
| **Rice** |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| **Couscous**  |   |  **✔ Wheat**  |   |   |   |   |   |   |   |   |   |   |   |   |
| **Jacket Wedges** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Mini Potato Waffles**  |  |  |  |  |  |  |  |   |   |  |  |  |  |  |
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**DISHES AND THEIR ALLERGEN CONTENT 2021/2022**

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Chocolate & Pear Sponge**  |  | **✔** **Wheat**  |  | **✔**  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Peach / Fruit Sponge** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| **Jam / Syrup Sponge** |   |  **✔** **Wheat** |   |  **✔** |   |   |  **✔**  |  |  |  |  |  |  |  |
| **Vanilla Sponge**  |  |  **✔ Wheat** |  |  **✔**  |  |  |  **✔**  |  |  |  |  |  |  |  |
| **Sticky Toffee Pudding** |  | **✔** **Wheat** |  |  **✔** |  |  |  **✔** |  |  |  |  |  |  |  |
| **Ginger/Lemon Cake**  |  | **✔** **Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| **Chocolate & Mandarin Puddle Cake**  |  | **✔ Wheat**  |  | **✔**  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Tutti Frutti Cake** |  | **✔ Wheat**   |  | **✔**  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Carrot Cake**  |   | **✔** **Wheat** |   | **✔**  |   |   | **✔**  |  |  |  |  |  |  |  |
| **Apple Crumble**  |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Fruity Rice Pudding** |  |  |  |  |  |  |  **✔**  |  |  |  |  |  |  |  |
|  **Chocolate Sauce** |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **Custard** |  |  |  |  |  |  |  **✔**  |  |  |  |  |  |  |  |

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Fruit Cheesecake**  |  |  **✔ Wheat**  |  |  |  |  |  **✔**  |  |  |  |  |  | **✔**  |  |
| **Fruit Mousse Slice** |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  | **✔**  |  |
| **Fruit Whip** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Fruit Smoothie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fruity Flapjack** |  | **✔** **Wheat** |  |  |  |   | **✔**  |  |  |  |  |  |  |  |
| **Fruity Muffin** |  |  **✔** **Wheat** |  |  **✔**  |  |  |  **✔**  |  |  |  |  |  |  |  |
| **Fruit & Ice Cream** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Ice Cream Roll** |  |  **✔ Wheat** |  |  **✔** |  |  |  **✔** |  |  |  |  |  | **✔**  |  |
| **Homemade Biscuit**  |   |  **✔** **Wheat** |   |   |   |   |  **✔**  |   |   |   |   |   |   |  |
| **Chocolate Brownie**  |  | **✔ Wheat** |  | **✔** |  |  | **✔** |  |  |  |  |  | **✔** |   |
| **Fruit Meringue** |  |  |  | **✔** |  |  | **✔** |  |  |  |  |  |  |  |
| **Glass of Milk** |  |  |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Frozen Yoghurt**  |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |

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| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk / Dairy** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Jacobs Biscuits for Cheese** |  | **✔ Wheat** |  |  |  |  | **✔**  |  |  |  |  |  |  |  |
| **Jacobs Cream Crackers** |  | **✔ Wheat** |  |  |  |  |  |  |  |  |  |  |  |  |
| **DIGESTIVE BISCUITS (CHEFS' SEL)** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |
| **FAMILY CIRCLE** |  | **✔ Wheat** |  |  |  |  | **✔** |   |   |   |   |   |   |   |
| **(Heritage) Rich Tea Biscuits** |  | **✔ Wheat** |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| **Marmite Yeast Extract** |  **✔** |  **✔Wheat** |  |  |  |  |  |   |   |   |   |   |   |   |
| **Curry Powder (CS)** |  | **✔ Wheat** |  |  |  |  | **✔** |  |  |  |  |  |  |  |

**DISHES AND THEIR ALLERGEN CONTENT**

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| DISHES |   |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk /****Dairy**  | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
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**PPM = PARTS PER MILLION**