**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** |  |  |  |  |  |  |  |  |  |

**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** |
| **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** |  |  |  |  | **✔** |  |  |  |  |  |  |  |

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

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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** |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |

**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** |
| **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** |  |  |  |  |  |  | **✔** |  |  |  |  |  |  |  |

**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** |
| **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**