Regular Main	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Beef Bolognaise		1					I							
Beef Burger	•	●wheat											•	
Beef Burger (DAIRY,SOYA, GLUTEN FREE)	Ť	Wileat											 	
Beef Meatballs		•wheat, barley												
Beef Lasagne		• wheat					●cheese, milk							\vdash
Beef Stew	•	• wheat, barley					- cheese, mink	1						
Dumpling	Ť	• wheat						1						
Roll		• wheat						1						
Chicken Casserole	•	- mede						1	1					
Chicken in Tomato Sauce	•													
Chicken & Tomato Pasta Bake	•	• wheat												
Chicken & Butternut Squash Curry	•						●cream							
Chicken & Pepper Pizza		●wheat					●cheese	1						\Box
Chicken & Pesto Pasta		●wheat					• cheese	1	1					\square
Chicken & Rice One Pot														
Chicken Fajita & Wrap		●wheat	t	t	1	t		1	1	1	t	1	1	$\vdash \vdash$
Chicken & Vegetable Stir Fry		●wheat										•	•	
Creamy Chicken & Ham Pasta Bake		●wheat					●cheese, milk	1						
Creamy Chicken & S'corn Pasta Bake		●wheat					• cheese, milk	1						
Cottage Pie	•	- Wilcut					• milk, butter							•
Fish Bubble Coated(taster)							- min, baccer	1						H
Fish in Batter		●wheat			•		●milk		•					
Fishfinger		●wheat			•									
Fish Goujons		●wheat												
Ham & Cheese Pizza(incl mini muffin)		●wheat					●cheese							
Ham & Sweetcorn Pizza		●wheat					●cheese							
Ham & Pineapple Pizza		●wheat					●cheese							
Macaroni Cheese & Ham		●wheat					●cheese, milk							
Meatball Sub		●wheat					,							\vdash
Mild Beef Chilli														
Mild Chicken Curry														
Pepperoni Pizza		•wheat, cereal					●cheese							
Pork & Apple Burger		●wheat											•	•
Pork Sausage		●wheat												•
Pork Sausage (gluten free)														
Pork Sausage Casserole		●wheat												
Pulled Pork														
Ploughman's with Ham		●wheat					• butter							
Roast Beef														
Roast Chicken														
Roast Gammon														
Roast Pork														
Roast Pork Steak														
Roast Turkey								ĺ						
Salmon Fishfingers		•wheat, cereal			•				Ì					
Sticky Chinese Chicken		●wheat						1	1				•	
Sweet & Sour Chicken		●wheat	1	1		1		1	1		1		•	•
Sweet & Sour Pork		●wheat			1			1	1	1			•	•
Tex Mex Turkey			1	l		1		1	1		l			
Tortilla Wrap		●wheat						1	İ					
Turkey Curry								1	t					М
Turkey Fajitas with Tortilla Wrap	1	●wheat	1	 	1	1	i	+	+	1	l —		1	-

Cluton Free	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Gluten Free	T .	I	1	ı	T	ı	I	1	1	ı	ı	1	ı	
Beef Lasagne (GF lasagna)					-		● cheese, milk							₩
GF Beef Casserole	•						●cheese							
Cheese and Ham Pizza(GF base)					ļ		●cheese							igsquare
Cheese and Tomato Pizza (GF base)														
Fish Fingers (GF crumb)					•									igsquare
Macaroni Cheese & Ham (GF Pasta)							●cheese, milk							Ш
Macaroni Cheese (GF pasta)							●cheese, milk							
GF Pork sausage														
Vegetarian Option														
Bean Burger/Banger		●wheat		•										
Cauliflower Cheese							●cheese, milk							
Cauliflower & Broccoli Cheese							● cheese, milk							
Carrot and Coriander Falafel	L													
Cauliflower & Broccoli Gratin		●wheat					●cheese, milk							
Cheese & Courgette Burger/Saus/Balls		●wheat		•			●cheese, butter, milk		•					
Cheese & Leek Quiche		●wheat		•			●cheese, milk							
Cheese & Leek Burger/Sausage		●wheat		•			●cheese, butter, milk		•					
Cheese & Onion Quiche		●wheat		•			●cheese, butter, milk							
Cheese & Tomato Pizza		●wheat					● cheese							
Cheese& Roast Veg Muffin Pizza		●wheat					●cheese							
Country Vegetable Pie	•	●wheat					●milk							
Courgette & Lentil Bake				•			●cheese, milk							
Courgette Sausage		●wheat		•			•cheese, butter							
Crispy Vegetable Burger	•	●wheat					- cheese, butter							
Falafels														
Half Stuffed Pepper														
Homity Pie		●wheat					● cream, cheese							
Hummus		· ····cac					a di cumiy di cese							
Leek & Butterbean Bake							●cream, butter							
Leek & Cheese Sausage	•	●wheat		•			• cheese, milk		•			•		
Lentil Roast		- Wileut		•			• cheese		Ť					\vdash
Macaroni Cheese		●wheat		Ť			• cheese, milk							\vdash
Mediterranean Quiche		• wheat		•			• cheese, milk							
Mediterranean Slice		●wheat	-	Ť	1	1	• cheese			1	1			
Mild Vegetable Chilli	•	Wileat	-	1	1	1	Cheese			1	1			
Mild Vegetable Curry	•		-	1	1	1				1	1			
Sweet Potato Chickpea/Lentil Curry	Ť		-	1	1	1				1	1			
Mushroom Stroganoff	•		-	1	1	1	● milk			1	1			
Pesto	Ť						• cheese							
Ploughman's with Cheese		●wheat					•cheese, butter							\vdash
Quorn Balls		• wheat	-	•	1	1	Cileese, butter			1	1			
Quorn Chilli		●wheat		•										\vdash
Quorn Chilli Quorn Fajitas with Tortilla Wrap				•			Ochoosa milli		 			 	 	$\vdash \vdash$
·		• wheat		•			• cheese, milk		 			 	 	$\vdash \vdash$
Quorn & Vogotable Stir Erv		• wheat		•			● milk		 			 	•	$\vdash \vdash$
Quorn & Vegetable Stir Fry		●wheat		Ť					 			 	Ť	$\vdash \vdash$
Ratatouille	-			-	-	-	2.	-	 	-	-	 		$\vdash\vdash$
Roasted Vegetable and Bean Bake	-	●wheat		-	-	-	• cheese	-	 	-	-	<u> </u>		$\vdash\vdash$
Roast Vegetable Pizza		●wheat	-		1		●cheese		-				_	⊢₽
Sweet & Sour Vegetables	-	●wheat		-	-	-		-	 	-	-	<u> </u>	•	•
Sweet Potato Falafels								-	 			 	 	$\vdash \vdash$
Three Bean Chilli				•		i	Ī		1	i	1	i	l	1 /

	celery	cereals containing gluten	crustaceas	sggə	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Tomato Sauce & Cheese							●cheese							
Vegetable Crumble		●wheat					●cheese, milk							
Vegetable Curry	•													
Vegetable Gratin	•	●wheat					● cheese, milk							
Roasted Vegetable Lasagne		●wheat					●cheese, milk							
Vegetable and Lentil Lasagne		●wheat					●cheese, milk							
Vegetable Loaf	•	●wheat					●butter							
Vegetable Mornay							●cheese, milk							
Vegetable Moussaka				•			●cheese, milk							
Vegetarian Bolognaise	•													
Vegetarian Cottage Pie							●butter, milk							•
Vegetarian Cheese topped Cottage Pie							●butter, milk, cheese							•
Vegetarian Cottage Pie (dairy free)														•
Vegetarian Roast		●wheat		•	<u> </u>							<u> </u>		Ш
Vegetable Tagine														
Gluten Free									_					
GF Vegetarian Lasgne														
Dairy Free														
DF Vegetarian Cottage Pie														
DF Vegetarian Lasagne														
Jacket Potato and Fillings Jacket Potato														
Butter (optional)							●butter							
Side Salad														\vdash
Beef Bolognaise														\vdash
Cheese & Coleslaw				•			●cheese							\vdash
Cheese & Onion				•			●cheese							\vdash
Chasse & Basses							• cheese							
Cheese & Beans Chicken & Sweetcorn Mayonnaise				•			●cheese							\vdash
Coronation Chicken				•										\vdash
				•										\vdash
Egg Mayonnaise Ham & Cheese				-			●cheese							
Ham						1	Cileese		1					
Mayonnaise				•		1			1					
Mild Beef Chilli				Ť										
Mild Beef Chilli and Cheese							●cheese							
Rainbow Coleslaw and Cheese	•			•			• cheese							
Rainbow Colesiaw and Cheese	•			•			Circuse							
Ratatouille & Cheese				<u> </u>			●cheese							
Tuna & Sweetcorn Mayo				•	•		Terreese							
Tuna Mayonnaise				•	•									\vdash
Turkey Curry														
Vegetarian Bolognaise	•					1	1		1					\vdash
Vegetable Curry	•													
Balla and Ethi														
Rolls and Fillings Cheese & Onion Roll	1	●wheat	1	•	1	1	●butter, milk, cheese	Ī	1	Ī	1			
Cheese & Tomato Roll		•wheat		┿		1	• butter, milk, cheese		1					\vdash
Hummus & Grated Carrot Roll		•wheat	-				•butter, milk, cneese		1					$\vdash \vdash$
		•wheat	-	•	 	1		1	1	1		 		$\vdash \vdash$
Turkey & Salad Road		wileat		_ •	<u> </u>	<u> </u>	●butter, milk	<u> </u>	<u> </u>	<u> </u>				ш

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Side Dishes														
Apple Sauce														
Baked Beans														
Baguette		●wheat												
Bread - wholemeal (optional)		●wheat												
Brioche Bun		●wheat		•			●milk							
Brown Rice														
Corn Bread		●wheat												
Carrots														
Carrots & Swede mash							●butter							
Chips														
Colourful Rice														
Corn Bread		●wheat												
Cous Cous		●wheat												
Cranberry Sauce														
Crispy Potatoes														
Crudites														
Garlic Bread		●wheat					●butter							
Gravy (optional)	•	•wheat, barley											•	
Gravy (Vegetarian)	•	●wheat											•	
Green Beans														
Half Jacket & Butter														
Homemade Tomato Ketchup	•													
Ketchup (optional)	•													
Mashed Potatoes							●milk, butter							•
Naan Bread		●wheat					●milk							
New Potatoes														
Pasta (gluten free)														
Pasta / Tricolour		●wheat												
Tricolour Pasta Salad		●wheat		•										
Peas														
Pitta Bread		●wheat												
Rainbow Coleslaw	•			•										
Roast Potatoes														•
Mini Sausage (with Christmas dinner)		●wheat												•
Sprouts														
Sliced Potato Bake	•						●butter							
Stuffing	•	●wheat					●milk							
Sweetcorn														
Vegetable Medley	1													
Wedges	1													
Wholemeal Pasta		●wheat												
Winter Slaw	1			•	t			1	1			l	l	\vdash
Yorkshire Pudding (optional)	1	●wheat		•	t		●milk	1	1			l	l	\vdash
		3,1000	1					1	1	1	1	<u> </u>	<u> </u>	
Gluten Free	-	1	1	1	T .	ı	I	1	ı	ı	1	ı	ı	
GF Gravy			1	1	1	}		-	}	 	1			•
GF Pasta]			<u> </u>]	<u> </u>				
Dairy Free					T	T		T		1				
Mashed Potatoes		Ī		1	1	I		1	1	1	1			1 /

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Cheese Sandwich		●wheat					●cheese, milk							
Packed Lunch Ham		●wheat					●milk							
Packed Lunch Tuna Mayo		●wheat					●milk							
Packed Lunch Hummus		●wheat					●milk							
Dessert													•	
Apple & Blackberry Crumble		●wheat, oats												
Apple & Blackberry Cobbler		●wheat		•			●milk							
Apple & Date Crumble		•wheat, oats												•
Apple & Date Slice		•wheat, oats												
Apple & Raspberry Crumble		•wheat, oats												
Apple & Raspberry Sponge		●wheat		•										
Apple & Rhubarb Crumble		•wheat, oats												
Apple Crumble	Ì	•wheat, oats												
Banana & Custard							●milk							
Banana & Date Cake		●wheat	l	•	l				1	l				•
Blackberry Sponge		●wheat	1	•	1	1		1	1	1	1	1		\Box
Catherine Wheel Cookie		• wheat	1	Ħ			1	1	1	1		l		\vdash
Carrot Cake		• wheat		•										
Cherry Flapjack		oats		Ť				1	1					
		• wheat												
Cherry Shortbread				 	ļ			1	1					\vdash
Chocolate Brownie		●wheat		•										•
Chocolate Shortbread		●wheat	-		<u> </u>	ļ		+	1	-				
Chocolate Custard							●milk							
Chocolate Easter Crispy Cake							●milk						•	
Chocolate Crispy Cake							●milk							
Chocolate Raspberry Cake		●wheat		•							<u> </u>			
Chocolate Pudding (Gooey)		●wheat		•			●milk							
Cream (optional)							●cream							
Custard (optional)							●milk							
Date and Chocolate Brownie		●wheat		•										•
Date and Ginger Slice		●wheat		•										•
Date Flapjack		● oats												•
Date Slice		●oats, wheat												•
Dorset Apple Cake		●wheat		•			●milk							
Fruit Compote & Cream							●cream							
Fruit Compote & Custard							●milk							
Berry Fruit Compote & Yoghurt							●yoghurt							
Flapjack		●oats					, ,							
Fresh Watermelon Wedge														
Fruit Platter / Medley														
Fruity Chocolate Crispy Cake							●milk	1						•
Fruity Chocolate Easter Crispy Cake							●milk						•	•
		●wheat	1	 	1	 		+	1	1	1	 	ا	•
Fruity Chocolate Tiffin	-	İ	1	 	 	 	●milk	+	1	1	1	-	-	⊢┻┩
Ginger Biscuit		• wheat	1	 	1	 		1	-	1		<u> </u>		$\vdash\vdash\vdash$
Homemade Scone with Jam & Cream		●wheat	1	+-	<u> </u>	 	●milk, cream			1	1	 		$\vdash\vdash\vdash$
Iced Cup/Sponge Cake		wheat	1	•	1	-	ļ	+	1	1	1	-		$\vdash\vdash\vdash$
Iced Birthday Cup Cake		●wheat	1	•		<u> </u>		1	-	1				$\vdash \vdash$
Jam Sponge		●wheat		•		<u> </u>					-			\longmapsto
Jammy cupcake		●wheat	1	•		<u> </u>	●milk	-	1	1				<u> </u>
Jelly with Cream			1			<u> </u>	●cream	1	<u> </u>	1	<u> </u>	ļ		Ш
Jelly with Fruit														Ш
Lemon Shortbread		●wheat		<u> </u>	<u> </u>				<u> </u>		<u> </u>			Ш
Lemon Drizzle Cake		●wheat]							

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Lemon Sponge		●wheat		•										
Lemon Surprise Pudding		●wheat		•			●milk							
Mandarins in Orange Jelly														
Mango Smoothie							●yoghurt							
Marble Cookie		●wheat												
Marmalade Cake		●wheat		•										
Mini-Shortbread with Strawberries & Cream		●wheat					●cream							
Oat & Apricot Cookie		•wheat, oats												•
Oat & Cranberry Cookie		•wheat, oats												
Oat & Raisin Cookie		•wheat, oats												
Oat Cookie with Pineapple		•wheat, oats												
Oat Cookie with Grapes		•wheat, oats												
Oat Cookie with Melon Wedge		•wheat, oats												
Oat Cookie with Fresh Orange Wedge		•wheat, oats												
Orange and Lemon Drizzle Cake		●wheat												
Peaches & Cream							●cream							
Peaches & Yoghurt							●yoghurt							
Peach Melba Sponge		●wheat		•			●milk							
Peach Melba and Yoghurt							●yoghurt							
Pears with Chocolate Custard							●milk							
Pear & Chocolate Sponge		●wheat		•										
Pineapple Muffin		●wheat		•										
Pineapple Upside Down Cake		●wheat		•										
Pudsey Bear Shortbread Biscuit		●wheat		•										
Raspberries in Raspberry Jelly & Cream							●cream							
Raisin Flapjack		●oats												
Scone		●wheat					●milk							
Scone, Jam & Cream		●wheat					●milk, cream							
Shortbread and Fresh Pineapple	+	●wheat					- mm, cream	+	1					
Shortbread and Grapes	+	●wheat						+	1					
Shortbread and Melon Wedge	+	●wheat						+	1					
Sticky Ginger Cake	+	●wheat						+	1					
Strawberry Milkshake		· ·····cac					●milk	+						\vdash
Strawberry Smoothie							● yoghurt		1					\vdash
Sticky Toffee Pudding		●wheat		•			- yognure							\vdash
Summer Fruit Muffin		●wheat		•			●milk							
Summer Fruit Window Cake		●wheat		•			THINK		1					
Tropical Fruit Crush & Yoghurt	+	Wileat		Ť		1	●yoghurt	+	1		1			\vdash
Vanilla Sponge	+	●wheat		•			yognurt	+	1					\vdash
Fruit Yoghurt		→ Wileat		Ť			●yoghurt		1					$\vdash \vdash$
	<u> </u>	<u> </u>	1				- 70811011	1		1		<u> </u>	<u> </u>	
Gluten Free		T	ı	ı	1	ı	I	T	T	ı	ı	I	1	
GF Crumble		<u> </u>							1			<u> </u>		Ш
Dairy Free	ī	•	1		1		,	_		ı		ı	T	
Custard			1											•