

	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	sesame seeds	soya	sulphur dioxide
Turkey Fajitas with Tortilla Wrap		●wheat												

Gluten Free

Beef Lasagne (GF lasagna)							●cheese, milk							
GF Beef Casserole	●						●cheese							
Cheese and Ham Pizza(GF base)							●cheese							
Cheese and Tomato Pizza (GF base)														
Fish Fingers (GF crumb)					●									
Macaroni Cheese & Ham (GF Pasta)							●cheese, milk							
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														
Cauliflower & Broccoli Bake							●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 and Onion Pasty		●wheat		●			●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							
Creamy Tomato Soup	●						●milk							
Crispy Vegetable Burger	●	●wheat												
Falafels														
Half Stuffed Pepper														
Homity Pie		●wheat					●cream, cheese							
Hummus														
Leek & Butterbean Bake							●cream, butter							
Leek & Cheese Sausage	●	●wheat		●			●cheese, milk		●		●			
Lentil Roast				●			●cheese							
Macaroni Cheese		●wheat					●cheese, milk							
Mediterranean Quiche		●wheat		●			●cheese, milk							
Mediterranean Slice		●wheat					●cheese							
Mild Vegetable Chilli	●													
Mild Vegetable Curry	●													
Sweet Potato Chickpea/Lentil Curry														
Mushroom Stroganoff	●						●milk							
Pesto							●cheese							
Ploughman's with Cheese		●wheat					●cheese, butter							
Quorn Balls		●wheat		●										
Quorn Chilli		●wheat		●										
Quorn Fajitas with Tortilla Wrap		●wheat		●			●cheese, milk							
Quorn Sausage		●wheat		●			●milk							
Quorn & Vegetable Stir Fry		●wheat		●									●	
Ratatouille														
Roasted Leek Slice		●wheat					●milk							
Roasted Vegetable and Bean Bake		●wheat					●cheese							

