Pogular Main	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Regular Main	-	1	T	T	1	1	1	1	T	1	1	r	T	
Beef Bolognaise														
Beef Burger	•	● wheat											٠	•
Beef Burger (DAIRY,SOYA, GLUTEN FREE)	_													
Beef Meatballs (GG)		•wheat, barley												
Beff Meatballs (LFL)														
Beef Lasagne		 wheat 					●cheese, milk							
Beef Stew	•	•wheat, barley												
Breaded Fishcake		• wheat			٠									
Dumpling		 wheat 												
Roll		 wheat 												
Chicken Breast (GG)														
Chicken Casserole	•		1	1	1	1		1	1	1	1			
Chicken in Tomato Sauce	•		1	1	1	1		1	1	1	1			
Chicken & Tomato Pasta Bake	•	wheat	1	1	1	1		1	1	1	1	1	1	
Chicken & Butternut Squash Curry	•	- meat	1	1	1	1	●cream	+	1	1	1			
Chicken & Pepper Pizza	-	● wheat					• cheese							
Chicken & Pesto Pasta									-					
	-	● wheat					● cheese							$ \longrightarrow $
Chicken & Rice One Pot									+					┥──┤
Chicken Fajita & Wrap	_	● wheat												
Chicken & Vegetable Stir Fry	_	● wheat			-				-			•	•	<u> </u>
Creamy Chicken & Ham Pasta Bake	_	•wheat					●cheese, milk							
Creamy Chicken & S'corn Pasta Bake	_	● wheat					●cheese, milk		_					
Cottage Pie	•						emilk, butter							•
Fish Bubble Coated(taster)														
Fish in Batter		● wheat			•		●milk		•					
Fishfinger		● wheat			٠									
Fish Goujons		● wheat			•				•					
Gammon Steak (GG)														
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												
Mild Beef Chilli									1					
Mild Chicken Curry														
Mild Chicken Korma	•						●milk							
Pepperoni Pizza		 wheat, cereal 					• cheese							
	_	•wheat					Cheese						•	•
Pork & Apple Burger		1							-				•	•
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						I				I	I			
Salmon Fishfingers		•wheat, cereal			•			1						
Sticky Chinese Chicken		● wheat	1	1	1	1		1	1	1	1	1	•	
Sweet & Sour Chicken		● wheat	1	1	1	1		1	1	1	1		•	•
			 			I		-	4					↓

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Tex Mex Turkey														
Tortilla Wrap		● wheat												
Turkey Curry														
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)			٠					
Macaroni Cheese & Ham (GF Pasta)				●cheese, milk				
Macaroni Cheese (GF pasta)				●cheese, milk				
GF Pork sausage								

Vegetarian Option

regetarian 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	•				•	

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Ratatouille														
Roasted Leek Slice		● wheat					● milk							
Roasted Vegetable and Bean Bake		● wheat					● cheese							
Roast Vegetable Pizza		● wheat					● cheese							
Roasted Vegetable Slice		● wheat					● milk							
Sweet & Sour Vegetables		● wheat											•	•
Sweet Potato Falafels														
Three Bean Chilli														
Tomato Sauce (includes chunky veg)														
Tomato Sauce & Cheese							● cheese							
Vegetable Crumble		● wheat					●cheese, milk							
Vegetable Curry	٠													
Vegetable Gratin	٠	● wheat	1				●cheese, milk		1					
Roasted Vegetable Lasagne		● wheat	1				●cheese, milk		1					
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 Cottage Pie							•butter, milk, cheese							•
Vegetarian Cottage Pie (dairy free)							• butter, mik, cheese							•
Vegetarian Cottage rie (dairy riee)		● wheat	-	•										–
Vegetable Tagine		• wheat	-	•										
Gluten Free GF Vegetarian Lasgne														
Dairy Free	1	1	-	r	r	r	1	r	r	1	r	r		
DF Vegetarian Cottage Pie														
DF Vegetarian Lasagne														
Jacket Potato and Fillings Jacket Potato			T			1	[<u> </u>	r	1			
Butter (optional)							●butter							
Side Salad														
Beef Bolognaise														
Cheese & Coleslaw				•			● cheese							
Cheese & Onion				٠			● cheese							
Cheese							● cheese							
Cheese & Beans							● cheese							
Chicken Mayonnaise				•										
Chicken & Sweetcorn Mayonnaise				•										
Coronation Chicken				•										
Egg Mayonnaise				•										
Ham & Cheese				-			●cheese							
Ham			1				- 010030		1					┢──┨
Mayonnaise			-	•									┢──┤	\vdash
Mild Beef Chilli				Ē						1			┢──┤	\vdash
							● shaar-						┢──┥	\vdash
Mild Beef Chilli and Cheese							●cheese						┟──┤	
Mild Veg Chilli	•		-	-									┢──┤	<u> </u>
Rainbow Coleslaw and Cheese	•			•			●cheese		┨───				┟──┤	<u> </u>
Rainbow Coleslaw	•			•					┨───				┟──┤	\mid
Ratatouille & Cheese	I					1	●cheese		1	1	1			L

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Ratatouille														
Three Bean Chilli														
Tuna & Sweetcorn Mayo				•	٠									
Tuna Mayonnaise				•	٠									
Turkey Curry														
Vegetarian Bolognaise	•													
Vegetable Curry	٠													

Rolls and Fillings

Cheese & Onion Roll	● wheat	٠		●butter, milk, cheese				
Cheese & Tomato Roll	● wheat			●butter, milk, cheese				
Hummus & Grated Carrot Roll	● wheat			●butter, milk				
Turkey & Salad Road	● wheat	•		●butter, milk				

Side Dishes

Side Disties		-		 	-		_		
Apple Sauce									
Baked Beans									
Baguette		● wheat							
Bread - wholemeal (optional)		● wheat							
Brioche Bun		● wheat	٠		●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				٠
Naan Bread		● wheat			●milk				
New Potatoes									
Pasta (gluten free)									
Pasta / Tricolour		● wheat							
Tricolour Pasta Salad		● wheat	•						
Peas									
Pitta Bread		● wheat							
Pineapple Ring									
Rainbow Coleslaw	•		•						
Roast Potatoes									٠
Mini Sausage (with Christmas dinner)		● wheat							٠
Sprouts									
Sliced Potato Bake	•				●butter				
Stuffing	•	● wheat		Γ	●milk				

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Sweetcorn														
Vegetable Medley														
Wedges														
Wholemeal Pasta		● wheat												
Winter Slaw				٠										
Yorkshire Pudding (optional)		● wheat		٠			●milk							
Gluten Free														
GF Gravy														•
GF Pasta														
Dairy Free														
Mashed Potatoes				1										
Packed Lunch Cheese Sandwich		● wheat	• 		• 		●cheese, milk				• 			
Packed Lunch Ham		● wheat					●milk							
Packed Lunch Tuna Mayo		● wheat					●milk							
Packed Lunch Hummus		● wheat					●milk							
Dessert														
Dessert		<u> </u>	1	r –	1	<u> </u>		<u> </u>	1	<u> </u>	1	<u> </u>	<u> </u>	
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 Apple Crumble		•wheat, oats						-						
Banana & Custard		 wheat, oats 					●milk	-						
Banana & Date Cake	-	● wheat		•			• mink	-						•
Blackberry Sponge	-	• wheat		•				-						-
Catherine Wheel Cookie		• wheat												
Carrot Cake		• wheat		•		1								
Cherry Flapjack		•oats		-										
Cherry Shortbread		•wheat												
Chocolate Brownie		● wheat		•		İ								•
Chocolate Shortbread		● wheat												
Chocolate Cake		● wheat		٠										
Chocolate Custard							●milk							
Chocolate Easter Crispy Cake							●milk						٠	
Chocolate Crispy Cake							●milk							
Chocolate Raspberry Cake		● wheat		٠										
Chocolate Pudding (Gooey)		● wheat		٠			●milk							
Christmas Cookie		•wheat, oats					●milk							
Christmas Cookie (DF)		●wheat, oats												
Cream (optional)							●cream							
Custard (optional)							●milk							
Date and Chocolate Brownie		● wheat		٠		<u> </u>				L				•
Date and Ginger Slice		● wheat		٠		<u> </u>				L				•
Date Flapjack		● oats			<u> </u>	<u> </u>		<u> </u>	1	<u> </u>				•
Date Slice	_	●oats, wheat				 		 		 		 		•
Dorset Apple Cake	_	● wheat		٠		 		 		 			ļ	\square
Fruit Compote & Cream							●cream							

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Fruit Compote & Custard							●milk							
Berry Fruit Compote & Yoghurt							●yoghurt							
Flapjack		● oats												
Fresh Watermelon Wedge														
Fruit Compote														
Fruit Platter / Medley	1					1								
Fruity Chocolate Crispy Cake							●milk							•
Fruity Chocolate Easter Crispy Cake							●milk						•	•
Fruity Chocolate Tiffin		● wheat					●milk							•
Ginger Biscuit		● wheat												
Homemade Scone with Jam & Cream		● wheat					●milk, cream							
Iced Cup/Sponge Cake		● wheat		•										
Iced Birthday Cup Cake		● wheat		•										
Jam Sponge		● wheat		•										
Jammy cupcake		• wheat		•		1	●milk	+		1				┢──┤
Jelly with Cream		- wheat		Ť		1	• cream	+	1	1				┢──┤
							Cream							
Jelly with Fruit Lemon Shortbread		● wheat		-	1					-				
Lemon Drizzle Cake		wheat												\vdash
Lemon Sponge		• wheat		•			• **							
Lemon Surprise Pudding		● wheat		•			●milk							<u> </u>
Mandarins in Orange Jelly														
Mango Smoothie							●yoghurt		-					
Marble Cookie		● wheat												┝──┤
Marmalade Cake		● wheat		•					-					
Melon									_					
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		٠										
Raspberries in Raspberry Jelly & Cream	1			Ĭ	1	İ –	●cream			Ĭ	Ī			
Raisin Flapjack		● oats	1	1	1	1		1	1	1	1			\square
Scone		● wheat	1	1	1	1	●milk	1	1	1	1			
Scone, Jam & Cream	1	● wheat		1	1	t	●milk, cream	1	1	1	1			
Shortbread and Fresh Pineapple	1	•wheat		1	t	1	,	1	1	1	l –			\vdash
Shortbread and Grapes	1	•wheat		1	t	1		1	1	1	l –			\vdash
Shortbread and Melon Wedge		• wheat		1	1	1		1	1	1				⊢┤
Sticky Ginger Cake	<u> </u>	• wheat		1	1	1		+	+	1	-			\vdash
Strawberry Milkshake		- wheat		1	1	1	●milk		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
Sticky Toffee Pudding		● wheat		٠										
Summer Fruit Muffin		● wheat		٠			●milk							
Summer Fruit Window Cake		● wheat		•										
Tropical Fruit Crush & Yoghurt							●yoghurt							
Vanilla Sponge		● wheat		٠										
Fruit Yoghurt							●yoghurt							
Gluten Free														
GF Crumble														
Dairy Free														
Custard														•