

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	sesame seeds	soya	sulphur dioxide
Ploughman's with Ham		●wheat					● butter							
Roast Beef														
Roast Chicken														
Roast Gammon														
Roast Pork														
Roast Pork Steak														
Roast Turkey														
Salmon Fishfingers		●wheat, cereal			●									
Spanish Style Chicken														
Sticky Chinese Chicken		●wheat											●	
Sweet & Sour Chicken		●wheat											●	●
Sweet & Sour Pork		●wheat											●	●
Tex Mex Turkey														
Tortilla Wrap		●wheat												
Tuna & Sweetcorn 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)					●									
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												
dinosaur cheese ploughmans		●		●			●							
Falafels														
Half Stuffed Pepper														
Homity Pie		●wheat					●cream, cheese							
Hummus														
Leek & Butterbean Bake							●cream, butter							

	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	sesame seeds	soya	sulphur dioxide
Leek & Cheese Sausage	●	●wheat		●			●cheese, milk		●			●		
Leek & Potato soup	●													
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 Sub Roll		●wheat		●										
Quorn & Vegetable Stir Fry		●wheat		●									●	
Quorn, sticky teryaki		●wheat		●									●	
Quorn Paella	●			●										
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	●													
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 Bolognese	●													
Vegetarian Cottage Pie							●butter, milk							●
Vegetarian Cheese topped Cottage Pie							●butter, milk, cheese							●
Vegetarian Cottage Pie (dairy free)														●
Vegetarian Paella	●			●										
Vegetarian Roast		●wheat		●										
Vegetable Tagine														

Gluten Free

GF Vegetarian Lasagne														
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Dairy Free

DF Vegetarian Cottage Pie														
DF Vegetarian Lasagne														

Jacket Potato and Fillings

