| Regular Main | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | nuts | peanuts | seasame seeds | soya | sulphur dioxide |
|----------------------------------------|----------|---------------------------------|------------|------|------|-------|---------------------------------------------|----------|--------------------------------------------------|------|---------|---------------|------|------------------------|
| | | | | | | | | | | | | | | |
| BBQ Chicken Pizza | _ | • | | ı | | | • | | 1 | | | ı | | |
| Beef Bolognaise | + - | | | | | | | | | | | | _ | \vdash |
| Beef Burger | • | ●wheat | | | | | | | | | | | • | • |
| Beef Burger (DAIRY,SOYA, GLUTEN FREE) | + | | | | | | | | | | _ | | | \vdash |
| Beef Meatballs (GG) | + | •wheat, barley | | | | | | | | | | | | \vdash |
| Beff Meatballs (LFL) | | | | | | | | | | | | | | \vdash |
| Beef Lasagne | +_ | • wheat | | | | | ● cheese, milk | | - | | | | | \vdash |
| Beef Stew | • | •wheat, barley | | | - | | | | - | | | | | \vdash |
| Breaded Fishcake | + | • wheat | | | • | | | | - | | | | | |
| Dumpling | | • wheat | | | | | | | | | | | | \vdash |
| Roll Cheese & Ham Pasta Bake | + | • wheat | | | | | ●cheese, milk | | | | | | | $\vdash \vdash$ |
| | + | wheat | | | | | ●cheese, milk | | + | | | | | \vdash |
| Chicken Breast (GG) Chicken Casserole | • | | | | | | | | | | | | | $\vdash \vdash$ |
| Chicken in Tomato Sauce | | | | | | | | | | | | | | $\vdash \vdash \vdash$ |
| Chicken & Tomato Pasta Bake | + | • wheat | | | | | | | + | | | | | \vdash |
| Chicken & Butternut Squash Curry | + | Wileat | | | | | ●cream | | | | | | | \vdash |
| chicken burger | ┿ | | | | | | Cream | | | | | | | |
| Chicken & Pepper Pizza | + | ●wheat | | | | | ●cheese | | + | | | | | $\vdash \vdash$ |
| Chicken & Pesto Pasta | + | • wheat | | | | | • cheese | | | | | | | \vdash |
| Chicken & Rice One Pot | + | Wileat | | | | | Circese | | + | | | | | $\vdash \vdash \vdash$ |
| Chicken Fajita & Wrap | + | ●wheat | | | | | | | \vdash | | | | | \vdash |
| Chicken & Vegetable Stir Fry | | • wheat | | | | | | | | | | • | • | \vdash |
| Chicken & Red Pepper Pizza | | •wheat, cereal | | | | | ●cheese, milk | | | | | Ť | | \vdash |
| Chicken Paella | • | • Wricat, cerear | | | | | Circuse, mink | | | | | | | $\vdash \vdash$ |
| Chicken with BBQ sauce | + | | | | | | | | | | | | | \vdash |
| Creamy Chicken & Ham Pasta Bake | | ●wheat | | | | | ●cheese, milk | | | | | | | |
| Creamy Chicken & S'corn Pasta Bake | + | ●wheat | | | | | • cheese, milk | | + | | | | | \vdash |
| Cottage Pie | • | - Wilde | | | | | • milk, butter | | | | | | | • |
| Fish Bubble Coated(taster) | | | | | | | - mm, succer | | | | | | | |
| Fish in Batter | | ●wheat | | | • | | ●milk | | • | | | | | \Box |
| Fishfinger | | ●wheat | | | • | | | | | | | | | \Box |
| Fish Goujons | | ●wheat | | | • | | | | • | | | | | \Box |
| Fishcake | | ●wheat | | | • | | • | | | | | | | |
| Gammon Steak (GG) | | | | | | | | | | | | | | |
| Ham & Cheese Pizza(incl mini muffin) | | ●wheat | | | | | ●cheese | | | | | | | |
| Ham & Sweetcorn Pizza | | ●wheat | | | | | ●cheese | | | | | | | |
| Ham & Pineapple Pizza | | ●wheat | | | | | ●cheese | | | | | | | |
| Hunters Chicken | | | | | | | | | | | | | | • |
| korma chicken breast | | • | | | | | • | | | | | | | |
| Lemon sole bites | | | | | • | | | | | | | | | |
| Macaroni Cheese & Ham | | ●wheat | | | | | ●cheese, milk | | | | | | | |
| Meatball Sub | | ●wheat | | | | | | | | | | | | |
| Mild Beef Chilli | | | | | | | | | | | | | | \Box |
| Mild Chicken Curry | İ | | | | | | | | | | | | | \Box |
| Mild Chicken Korma | • | | | | | | ●milk | | | | | | | \Box |
| Mild Chicken Tikka | | | | | | | | | | | | | | \Box |
| Mild thai green chicken curry | | | | | | | • milk | | | | | | | \Box |
| Pepperoni Pizza | | •wheat, cereal | | | | | ●cheese | | | | | | | \Box |
| Pork & Apple Burger | 1 | ●wheat | | | | | | | 1 | | | | • | • |
| Pork Sausage | 1 | ●wheat | | | | | | | | | | | | • |

| | ery | cereals containing gluten | crustaceas | S. | | . <u>⊆</u> | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | s | peanuts | seasame seeds | ø | sulphur dioxide |
|--------------------------------------------|--------|---------------------------------|------------|----------|------------|------------|---------------------------------------------|----------|--------------------------------------------------|------|--------------------------------------------------|---------------|------------------------|-----------------|
| | celery | con | <u>r</u> | eggs | fish | lupin | mill cre; yog | <u>ء</u> | Ē | nuts | bea | sea | soya | lns |
| Pork Sausage (gluten free) | | | | | | | | | | | | | | |
| Pork Sausage Casserole | | ●wheat | | | | | | | | | | | | |
| Pork, sticky teryaki | | • | | | | | | | | | | | • | |
| Pulled Pork | | | | | | | | | | | | | | |
| Ploughman's with Ham | | ●wheat | | | | | • butter | | | | | | | |
| Roast Beef | | | | | | | | | | | | | | |
| Roast Chicken | | | | | | | | | | | | | | |
| Roast Gammon | | | | | | | | | | | | | | |
| Roast Pork | | | | | | | | | | | | | | |
| Roast Pork Steak | | | | | | | | | | | | | | |
| Roast Turkey | | | | | | | | | | | | | | |
| Salmon Fishfingers | | •wheat, cereal | | | • | | | | | | | | | |
| slow cooked tender beef | • | • | | | | | | | | | | | • | |
| Spanish Style Chicken | | | | | | | | | | | | | | |
| Sticky Chinese Chicken | | ●wheat | | | | | | | | | | | • | |
| Sticky maple gammon | | | | | | | | | | | | | | |
| 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 Lasagna (GF lasagna) | | 1 | | I | | | •cheese, milk | 1 | 1 | I | | | | |
| GF Beef Casserole | • | | | | | | •cheese | | | | | | $\vdash \vdash \vdash$ | \vdash |
| Cheese and Ham Pizza(GF base) | + | | | | | | • cheese | | + | | | | | \vdash |
| Cheese and Tomato Pizza (GF base) | | | | | | | • cheese | | | | | | | \vdash |
| | | | | | | | ● cneese | | | | | | \vdash | $\vdash\vdash$ |
| Fish Fingers (GF crumb) | | | | | • | | A-h:!!!. | | | | | | | \vdash |
| Macaroni Cheese & Ham (GF Pasta) | | | | | | | • cheese, milk | | | | | | | \vdash |
| Macaroni Cheese (GF pasta) | | | | | | | ● cheese, milk | | - | | | | | \vdash |
| GF Pork sausage | | | | | | | | | ļ | | | | <u> </u> | |
| 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/Patty | | ●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 | | | | | | | П |
| Cheese & Tomato mini muffin pizza | | ●wheat | | | | | • | | | | | | | |
| Cheese & Tomato Pizza | | ●wheat | | | | | ●cheese | 1 | i i | | | | | \Box |
| Cheese& Roast Veg Muffin Pizza | | ●wheat | | | | | ●cheese | 1 | 1 | | | | | \Box |
| Country Vegetable Pie | • | ●wheat | | 1 | | | ●milk | | 1 | | | | | М |
| Courgette & Lentil Bake | | 1 | | • | | | ●cheese, milk | | 1 | | | | | \Box |
| Courgette & Tomato Frittata | + | | † | 1 | | † | | _ | + | + | | \vdash | \vdash | \vdash |
| ICOURGELLE & TOMALO FILLALA | | | 1 | • | | 1 | ●milk | | | | l . | l | , , | |

| | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | nuts | peanuts | seasame seeds | soya | sulphur dioxide |
|--------------------------------------------------|----------|---------------------------------|--------------|------|----------|--------------|---------------------------------------------|----------|--------------------------------------------------|----------|----------|---------------|----------|-----------------|
| Creamy Tomato Soup | • | | T | Ī | <u> </u> | - | ●milk | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| Crispy Vegetable Burger | • | ●wheat | | | | | | | | | | | | |
| dinosaur cheese ploughmans | | • | | • | | | • | | | | | | | |
| Falafels | | | | | | | | | | | | | | |
| Half Stuffed Pepper | | | | | | | | | | | | | | |
| Homity Pie | | ●wheat | | | | | •cream, cheese | | | | | | | |
| Hummus | | | | | | | · | | | | | | | |
| Leek & Butterbean Bake | | | | | | | ●cream, butter | | | | | | | |
| 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 | 1 | | | | • cheese | | † | | | | | |
| Mild Vegetable Chilli | • | | + | | | | - 0.10000 | | t | | | | | |
| Mild Vegetable Curry | • | | + | | | | | | t | | | | | |
| Sweet Potato Chickpea/Lentil Curry | | | | | | | | | | | | | | |
| Mushroom Stroganoff | • | | | | | | ● milk | | | | | | | |
| Pesto | <u> </u> | | | | | | • cheese | | + | | | | | |
| Ploughman's with Cheese | | ●wheat | | | | | •cheese, butter | | | | | | | |
| Quorn Burger | | ●wheat | | • | | | •milk | | | | | | | |
| Quorn Balls | | •wheat | | • | | | Tillik | | | | | | | |
| Quorn Chilli | | ●wheat | | • | | | | | | | | | | |
| Quorn Fajitas with Tortilla Wrap | | • wheat | | • | | | ● cheese, milk | | | | | | | |
| Quorn Sausage | | ●wheat | 1 | • | | | • milk | | - | | | | | |
| Quorn Sub Roll | | ●wheat | | • | | | ▼ IIIIIK | | | | | | | |
| | | ●wheat | | • | | | | | | | | | • | |
| Quorn & Vegetable Stir Fry Quorn, sticky teryaki | | •wheat | 1 | • | | | | | + | | | | • | |
| Quorn Paella | • | Wileat | | • | | | | | + | | | | | |
| Ratatouille | - | | | - | | | | | | | | | | |
| Roasted Leek Slice | | Authort | | | | | ■ mills | | 1 | | | | | |
| | | • wheat | | | | | ● milk ● cheese | | <u> </u> | | | | | |
| Roast Vegetable Bine | | | | | | | | | | | | | | |
| Roast Vegetable Pizza | | ●wheat | | | | | • cheese | | | | | | | |
| Roasted Vegetable Slice | | ●wheat | + | - | | | ● milk | | + | - | | | | |
| sweet potato curry | | A b | + | | | | | _ | | - | | | | - |
| 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 | • | | | | | | A | | - | | | | | |
| Vegetable Gratin | • | ●wheat | | | | | •cheese, milk | | | | | | | |
| Roasted Vegetable Lasagne | | wheat | | | | | •cheese, milk | _ | | | | | | |
| Vegetable and Lentil Lasagne | <u> </u> | ●wheat | + | | - | | •cheese, milk | _ | 1 | | | | | |
| Vegetable Loaf | • | ●wheat | + | | \vdash | | ●butter | \vdash | 1 | - | | | | |
| Vegetable Mornay | - | | + | | | | ●cheese, milk | | <u> </u> | | | | | |
| Vegetable Moussaka | - | | + | • | - | | ●cheese, milk | | ₩ | - | | | | |
| Vegetarian Bolognaise | • | | 1 | | | | | | 1 | - | | | | |
| Vegetarian Cottage Pie | <u> </u> | | | | | | ●butter, milk | | <u> </u> | | | | | • |
| Vegetarian Cheese topped Cottage Pie | <u> </u> | | 1 | | | | ●butter, milk, cheese | | 1 | <u> </u> | | | | • |
| Vegetarian Cottage Pie (dairy free) | | | 1 | | | | | | <u> </u> | | | | | • |
| Vegetarian Paella | • | | | • | | | | | | | | | | |

| | | ing | eas | | | | milk (cheese, cream, butter, yoghurt) | S | 70 | | s | seasame seeds | | sulphur dioxide |
|-----------------------------------------|----------|---------------------------------|------------|-------------|----------|--------------------------------------------------|---------------------------------------------|----------|----------|--------------------------------------------------|--------------------------------------------------|---------------|----------|--------------------------------------------------|
| | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (che cream, bu yoghurt) | molluscs | mustard | nuts | peanuts | easam | soya | ılphur |
| Vegetarian Roast | <u></u> | •wheat | _ <u>=</u> | <u> </u> | <u>=</u> | <u> </u> | <u> </u> | <u> </u> | <u>-</u> | <u> </u> | <u> </u> | <u> %</u> | <u> </u> | <u> </u> |
| Vegetable Tagine | | Wilcat | + | Ť | | | | | | | | | | +- |
| | _ | | - | | | | • | | | | | | | |
| Gluten Free | 1 | ı | 1 | 1 | | 1 | 1 | | 1 | 1 | 1 | | 1 | |
| GF Vegetarian Lasgne | | | | | | | • | | | | | | | |
| Dairy Free | | | | | | | | | | | | | | |
| DF Vegetarian Cottage Pie | | | | | | | | | | | | | | T |
| DF Vegetarian Lasagne | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Jacket Potato and Fillings | | | 1 | | | | | | | | | | | |
| Jacket Potato | | | | | | | | | | | | | | Ь— |
| Butter (optional) | | | | | | _ | ●butter | | | 1 | | | - | ₩ |
| Side Salad | | | \perp | | _ | | | | | 1 | | | - | ₩ |
| Beef Bolognaise | | | + | <u> </u> | | | | | 1 | 1 | | | - | +- |
| Cheese & Colesiaw | | | | • | | | • cheese | | | - | | | | ┼ |
| Cheese & Onion | | | | • | | | • cheese | | - | + | - | | | \vdash |
| Cheese & Beans | | | | | | | • cheese • cheese | | | | | | | + |
| Chicken Mayonnaise | | | | • | | | Cileese | | | + | | | | + |
| Chicken & Sweetcorn Mayonnaise | | | | • | | | | | | | | | | + |
| Coronation Chicken | | | | • | | | | | | | | | | |
| Egg Mayonnaise | | | | • | | | | | | | | | | † |
| Ham & Cheese | | | | | | | ●cheese | | | | | | | |
| Ham | | | | | | | | | | | | | | |
| Mayonnaise | | | | • | | | | | | | | | | |
| Mild Beef Chilli | | | | | | | | | | | | | | |
| Mild Beef Chilli and Cheese | | | | | | | ●cheese | | | | | | | |
| Mild Veg Chilli | • | | | | | | | | | | | | | <u> </u> |
| Rainbow Coleslaw and Cheese | • | | | • | | | ●cheese | | | | | | | ↓ |
| Rainbow Coleslaw | • | | | • | | | | | | | | | | ₩ |
| Ratatouille & Cheese | | | | | | | ●cheese | | | | | | | ₩ |
| Ratatouille | | | | | | | | - | - | - | - | | - | \vdash |
| spaghetti hoops | | • | | | | | | | | | | | | \vdash |
| Three Bean Chilli | | • | | | | | | | | - | | | | \vdash |
| Three Bean Fajita Tuna & Sweetcorn Mayo | | • | | • | • | | | | \vdash | 1 | | | | +- |
| Tuna Mayonnaise | | | | • | • | | | | | | | | | +- |
| Turkey Curry | | | | Ť | Ť | | | | | | | | | \vdash |
| Vegetarian Bolognaise | • | | | | | | | | | | | | | † |
| Vegetable Curry | • | | | | | | | | | | | | | |
| | | • | | | | | • | | | | | | | - |
| Rolls and Fillings | | | | | | | | | | | | | | |
| Cheese & Onion Roll | | ●wheat | | • | | | ● butter, milk, cheese | | | | | | | |
| Cheese & Tomato Roll | | ●wheat | | | | | ●butter, milk, cheese | | | | | | | <u> </u> |
| Hummus & Grated Carrot Roll | | ●wheat | | | | | ● butter, milk | | | 1 | | | | — |
| Turkey & Salad Road | | ●wheat | | • | | | ● butter, milk | | | | | | | <u> </u> |
| Side Dishes | | | | | | | | | | | | | | |
| Apple Sauce | I | | 1 | I | l | I | 1 | | | 1 | | Π | | |
| Baked Beans | | | | | \vdash | | | | 1 | +- | 1 | | 1 | +- |
| Baguette | | ●wheat | + | | | | | | | + | | | | + |
| Buttery new Potatoes | + | → writedt | + | | | | • | | | 1 | | | | |
| | -+ | | + | | — | + | | _ | + | + | | | \vdash | • |

| | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | nuts | peanuts | seasame seeds | soya | sulphur dioxide |
|--------------------------------------|--------|---------------------------------|------------|------|------|-------|---------------------------------------------|----------|---------|----------|---------|---------------|------|----------------------|
| BBQ Sauce- Lions American | | | | | | | | | | | | | | |
| Bread - wholemeal (optional) | | ●wheat | | | | | | | | | | | | |
| Brioche Bun | | ●wheat | | • | | | ●milk | | | | | | | Ш |
| Brown Rice | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | |
| Carrots & Swede mash | | | | | | | ●butter | | | | | | | |
| Chips | | | | | | | | | | | | | | |
| Colourful Rice | | | | | | | | | | | | | | |
| cheesy potato bake | | | | | | | • | | | | | | | |
| Cheese Scone | | ●wheat | | | | | ● milk, cheese | | | | | | | |
| Corn Bread | | ●wheat | | | | | | | | | | | | |
| Cous Cous | | ●wheat | | | | | | | | | | | | |
| Cranberry Sauce | | | | | | | | | | | | | | |
| Crispy Potatoes | | | | | | | | | | ĺ | | | | \Box |
| Crudites | | | | | | | | | 1 | | | | | \Box |
| Garlic Bread | | ●wheat | | | | | ●butter | | | | | | | |
| Gravy (optional) | • | •wheat, barley | | | | | | | | | | | • | |
| Gravy (Vegetarian) | • | ●wheat | | | | | | | | | | | • | |
| Green Beans | | | | | | | | | | | | | | |
| Homemade Tomato Ketchup | • | | | | | | | | | | | | | |
| Ketchup (optional) | + - | | | | | | | 1 | | | | | | $\vdash \vdash$ |
| Layered Potatoes | • | | | | | | ●butter | + | | | | | - | \vdash |
| Mashed Potatoes | Ť | | | | | | •milk, butter | | | | | | | • |
| Naan Bread | + | Ab | | | | | | 1 | 1 | | | | | lacksquare |
| | _ | ●wheat | | | | | ●milk | + | | | | | | $\vdash \vdash$ |
| New Potatoes | + | | | | | | | + | 1 | | | | | |
| Pasta (gluten free) | - | | | | | | | | 1 | | | | | \vdash |
| Pasta / Tricolour | + | ●wheat | | _ | | | | - | | - | | | | $\vdash\vdash\vdash$ |
| Potato salad | _ | | | • | | | | + | | | | | | \vdash |
| Tricolour Pasta Salad | _ | ●wheat | | • | | | | | | | | | | |
| Peas | _ | | | | | | | | | | | | | \vdash |
| Pitta Bread | | ●wheat | | | | | | | | | | | | \vdash |
| Pineapple Ring | | | | | | | | | | | | | | |
| Rainbow Coleslaw | • | | | • | | | | | | <u> </u> | | | | |
| Raita Dip | | | | | | | • | | | | | | | |
| Roast Potatoes | | | | | | | | | | | | | | • |
| Mini Sausage (with Christmas dinner) | | ●wheat | | | | | | | | | | | | • |
| Sprouts | | | | | | | | | | | | | | |
| Sliced Potato Bake | • | | | | | | ●butter | | | | | | | |
| Stuffing | • | ●wheat | | | | | ●milk | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | |
| Vegetable Medley | | | | | | | | | | | | | | |
| Wedges | | | | | | | | | | | | | | |
| Wholemeal Pasta | | ●wheat | | | | | | | | | | | | |
| Winter Slaw | | | | • | | | | | | | | | | |
| Yorkshire Pudding (optional) | | ●wheat | | • | | | ●milk | | | | | | | |
| Gluten Free | | | | | | | | | | | | | | |
| GF Gravy | | | | | | | | | | | | | | • |
| GF Pasta | | | | | Ī | | | 1 | | ĺ | | | | \Box |
| Dairy Free | | | | | | | | | | | | | | |
| Mashed Potatoes | | | | | | | | | | | | | | |

| | 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 | | | | | | | igsquare |
| Packed Lunch Ham | | ●wheat | | | | | ●milk | <u> </u> | ļ | | | | | igsquare |
| Packed Lunch Tuna Mayo | | ●wheat | | • | • | | ●milk | | | | | | | |
| Packed Lunch Hummus | | ●wheat | | | | | ●milk | | | | | | | |
| Dessert | | | | | | | | | | | | | | |
| Apple & Blackberry Crumble | | •wheat, oats | | | | | | | | | | | | |
| Apple & Blackberry Cobbler | | ●wheat | | • | | | ●milk | 1 | | | | | | |
| Apple & Date Crumble | | •wheat, oats | | | | | | 1 | | | | | | • |
| Apple & Date Slice | | •wheat, oats | | | | | | 1 | | | | | | |
| Apple & Raspberry Crumble | | •wheat, oats | | | | | | 1 | | | | | | |
| Apple & Raspberry Sponge | | •wheat | | • | | | | 1 | | | | | | \Box |
| Apple & Rhubarb Crumble | | •wheat, oats | | | | 1 | | 1 | 1 | 1 | | | | $\vdash \vdash$ |
| Apple Crumble | | •wheat, oats | | | | 1 | | 1 | 1 | 1 | 1 | | | $\vdash \vdash \vdash$ |
| Apple wedge & cheddar cheese | | - meat, outs | | | | | • | + | 1 | | 1 | | | $\vdash \vdash \vdash$ |
| Apricot Crumble Slice | | •wheat, oats | 1 | | | | - | + | | | | | | \vdash |
| Banana & Custard | | - Micacy Gats | | | | † | ●milk | + | 1 | 1 | 1 | | | $\vdash \vdash \vdash$ |
| Banana & Mango Smoothie | | | 1 | | | | • | + | 1 | | | | | \vdash |
| Banana & Mango muffin | | ●wheat | | • | | | - | 1 | | | | | | \vdash |
| Banana & Date Cake | | wheat | <u> </u> | • | | | | + | | | | | | • |
| Blackberry Sponge | | • wheat | | • | | | | 1 | | 1 | | | | |
| Catherine Wheel Cookie | | • wheat | <u> </u> | Ť | | + | | + | 1 | | | | | \vdash |
| Carrot Cake | | •wheat | | • | | - | | | | | | | | \vdash |
| Celebration Cup Cake | | ●wheat | | • | | | | + | | | | | | \vdash |
| · | | | | • | | | | + | | | | | | \vdash |
| Cherry Sharthroad | | oats | 1 | | | | | + | | | | | | \vdash |
| Cherry Shortbread | | • wheat | | • | | | | - | | 1 | | | | • |
| Chocolate Brownie | | ●wheat | | • | | | | + | | 1 | | | | |
| Chocolate Shortbread | | wheat | | - | | - | | - | - | | | | | \vdash |
| Chocolate Cake | | ●wheat | <u> </u> | • | | - | | + | | - | | | | $\vdash \vdash \vdash$ |
| Chocolate Custard | | | 1 | | | | ●milk | + | | | | | _ | \vdash |
| Chocolate Easter Crispy Cake | | | | | | | ●milk | + | | | | | • | \vdash |
| Chocolate Crispy Cake | | | | - | _ | | ●milk | - | | - | | | | $\vdash \vdash \vdash$ |
| Chocolate Raspberry Cake | | ●wheat | | • | | | | + | | - | | | | $\vdash \vdash \vdash$ |
| Chocolate Pudding (Gooey) | | ●wheat | | • | | | ●milk | - | 1 | - | | | | \vdash |
| Christmas Cookie | | •wheat, oats | | | | | ●milk | - | | - | | | | \vdash |
| Christmas Cookie (DF) | | •wheat, oats | | | | - | | - | | - | | | | \vdash |
| Cream (optional) | | | | | | | ●cream | - | - | - | | | | $\vdash \vdash \vdash$ |
| Custard (optional) | | | <u> </u> | | | 1 | ●milk | - | | - | | | | igwdown |
| Date and Chocolate Brownie | | ●wheat | - | • | | - | | - | - | - | | | | • |
| Date and Ginger Slice | | ●wheat | <u> </u> | • | | | | _ | | | | | | • |
| Date Flapjack | | ●oats | - | | | | | - | <u> </u> | - | | | | • |
| Date Slice | | •oats, wheat | | _ | | 1 | | + | - | 1 | ļ | | <u> </u> | • |
| Dorset Apple Cake | | ●wheat | - | • | | 1 | | - | | | - | | | \longmapsto |
| Fruit Compote & Cream | | | | | | 1 | ●cream | - | <u> </u> | 1 | <u> </u> | | <u> </u> | igsqcup |
| Fruit Compote & Custard | | | | | <u> </u> | 1 | ●milk | - | <u> </u> | 1 | <u> </u> | | <u> </u> | igsqcup |
| Berry Fruit Compote & Yoghurt | | | | | _ | 1 | ●yoghurt | - | - | 1 | <u> </u> | <u> </u> | <u> </u> | igsqcup |
| Flapjack | | ●oats | | | | 1 | | | _ | 1 | | | | igsqcup |
| Fresh Watermelon Wedge | | | | | | 1 | | | 1 | 1 | | | | igsquare |
| Fruit Compote | | | | | | | | _ | | 1 | | | <u> </u> | igsqcup |
| Fruit Platter / Medley | | | | | | | | | | | | | | igsqcup |
| Fruity Chocolate Crispy Cake | | | | | | | ●milk | | | | | | | • |
| Fruity Chocolate Easter Crispy Cake | | | | | | | ●milk | | | | | | • | • |
| Fruity Chocolate Tiffin | | ●wheat | | | | | ●milk | | | 1 | | | | • |

| | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | nuts | peanuts | seasame seeds | soya | sulphur dioxide |
|-------------------------------------------|---------|---------------------------------|------------|------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------|----------|---------|--------------------------------------------------|---------|--------------------------------------------------|----------|----------------------|
| Ginger Biscuit | T | ●wheat | Τ | | T . | Ι | | Ι | Γ | T | | <u> </u> | <u> </u> | |
| Homemade Scone with Jam & Cream | | ●wheat | | | | | ●milk, cream | | | | | | | |
| Iced Cup/Sponge Cake | | ●wheat | | • | | | | | | | | | | |
| Iced Birthday Cup Cake | | ●wheat | | • | | | | | | | | | | |
| Jam Sponge | | ●wheat | | • | | | | | | | | | | |
| Jammy cupcake | | ●wheat | | • | | | ●milk | | | | | | | |
| Jelly with Cream | | | | | | | ●cream | | | | | | | |
| Jelly with Fruit | | | | | | | | | | | | | | |
| Lemon Shortbread | | ●wheat | | | | | | | | | | | | |
| Lemon Drizzle Cake | | ●wheat | | | | | | | | | | | | |
| Lemon Sponge | | ●wheat | | • | | | | | | | | | | |
| Lemon Surprise Pudding | | ●wheat | | • | | | ●milk | | | | | | | |
| Mandarins in Orange Jelly | | | | | | | | | | | | | | |
| Mango Smoothie | | | | | | | ●yoghurt | | | | | | | |
| Marble Cookie | | ●wheat | | | | | | | | | | | | |
| Marmalade Cake | | ●wheat | | • | | | | | | | | | | |
| Melon | | | | | | | | | | | | | | |
| Mini-Shortbread with Strawberries & Cream | | ●wheat | | | | | ●cream | | | | | | | |
| Mr Men Jelly | | | | | | | | | | | | | | |
| 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 | | | | <u> </u> | | | | | | | | |
| Ooey Gooey Monster eye cookie | | •wheat | | • | 1 | | • | | | | | | | |
| Orange and Lemon Drizzle Cake | | ●wheat | | | | | - | | | | | | | |
| Pancakes | | • Wilcut | | • | | | • | | | | | | | |
| Peaches & Cream | | - | | Ť | | | ●cream | | | | | | | |
| Peaches & Yoghurt | | | | | 1 | | ●yoghurt | | | | | | | |
| Peach Melba Sponge | | ●wheat | | • | | | ●milk | | | | | | | |
| Peach Melba and Yoghurt | | - wheat | | Ť | | | ●yoghurt | | | | | | | |
| Pears with Chocolate Custard | | | | | | | ●milk | | | | | | | |
| Pear & Chocolate Sponge | | ●wheat | | • | | | - mik | | | | | | | \vdash |
| Pineapple Muffin | | • wheat | | • | | | | | | | | | | |
| Pineapple Upside Down Cake | | • wheat | | • | <u> </u> | | | | | | | | | \vdash |
| Pudsey Bear Shortbread Biscuit | + | • wheat | | • | | | | | | | | | | \vdash |
| Queen's Birthday Cake | | • wheat | | • | | | | | | | | | | \vdash |
| Raspberries in Raspberry Jelly & Cream | | Wilcut | | Ť | | | ●cream | | | | | | | |
| Raspberry blondie | | ●wheat | | • | | + | Cream | | | | | | | \vdash |
| Raisin Flapjack | + | oats | | Ť | | + | | | 1 | | | | | \vdash |
| Rice Pudding | - | Voats | | | | | ●milk | | | | | | | |
| Red Nose Cookie | | • | | • | | | • | | | | | | | \vdash |
| | | | - | Ť | | + | | | - | | | | | \vdash |
| Scone Iam & Cream | + | • wheat | + | | | + | • milk | + | + | | 1 | | | $\vdash\vdash$ |
| Scone, Jam & Cream | | wheat | 1 | | | 1 | ● milk, cream | + | | | | | | $\vdash\vdash$ |
| Shortbread and Granes | + | wheat | + | 1 | 1 | + | | + | + | - | } | | | $\vdash\vdash$ |
| Shortbread and Make Water | + | wheat | 1 | | | 1 | | 1 | 1 | | - | | | $\vdash \vdash$ |
| Shortbread and Melon Wedge | + | wheat | 1 | - | - | 1 | | 1 | - | - | - | <u> </u> | - | $\vdash\vdash\vdash$ |
| Sticky Ginger Cake | + | ●wheat | 1 | - | - | 1 | | 1 | - | | - | <u> </u> | - | $\vdash\vdash\vdash$ |
| Strawberry Milkshake | + | | ₩ | - | - | ₽ | ●milk | ₩ | ₩ | - | } | <u> </u> | <u> </u> | $\vdash \vdash$ |
| Strawberry Smoothie | \perp | | 1 | - | - | 1 | ●yoghurt | 1 | 1 | <u> </u> | - | | <u> </u> | \vdash |
| Sticky Toffee Pudding | | ●wheat | | • | | | | | | | | | | ш |

| | celery | cereals containing gluten | crustaceas | eggs | fish | lupin | milk (cheese, cream, butter, yoghurt) | molluscs | mustard | nuts | peanuts | seasame seeds | soya | sulphur dioxide |
|-----------------------------------------------------|----------|---------------------------------|------------|------|------|-------|---------------------------------------------|----------|---------|------|---------|---------------|------|-----------------|
| Summer Fruit Muffin | | ●wheat | | • | | | ●milk | | | | | | | |
| Summer Fruit Window Cake | | ●wheat | | • | | | | | | | | | | |
| Tropical Fruit Crush & Yoghurt | | | | | | | ●yoghurt | | | | | | | |
| Vanilla Sponge | | ●wheat | | • | | | | | | | | | | |
| Fruit Yoghurt | | | | | | | ●yoghurt | | | | | | | |
| | <u> </u> | | - | | | | , , | | - | | | | | |
| Allergy/Intolerance Desserts Gluten Free | , | | | | | | , , , | | | | | | | |
| Allergy/Intolerance Desserts | | | | | | | , , , , | | | | | | | |
| Allergy/Intolerance Desserts Gluten Free | | | | | | | ●milk | | | | | | • | |
| Allergy/Intolerance Desserts Gluten Free GF Crumble | | | | • | | | | | | | | | • | |

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Alpro Dairy Free Custard