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		●					●							
Beef Bolognaise														
Beef Burger	●	●wheat											●	●
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			●									
Dumpling		● wheat												
Roll		● wheat												
Cheese & Ham Pasta Bake		● wheat					●cheese, milk							
Chicken Breast (GG)														
Chicken Breast (Marinated)														
Chicken Casserole	●													
Chicken in Tomato Sauce	●													
Chicken & Tomato Pasta Bake	●	● wheat												
Chicken & Butternut Squash Curry	●						●cream							
chicken burger														
Chicken & Pepper Pizza		●wheat					●cheese							
Chicken & Pesto Pasta		●wheat					●cheese							
Chicken & Rice One Pot														
Chicken Fajita & Wrap		●wheat												
Chicken & Vegetable Stir Fry		●wheat										●	●	
Chicken & Red Pepper Pizza		•wheat, cereal					●cheese, milk							
Chicken Paella	●													
Chicken with BBQ sauce														
Creamy Chicken & Ham Pasta		●wheat					●cheese, milk							
Creamy Chicken & S'corn Pasta Bake		●wheat					●cheese, milk							
Cottage Pie	●						●milk, butter							●
Fish Bubble Coated(taster)														
Fish in Batter		●wheat			●		●milk		●					
Fishfinger		●wheat			●									
Fish Goujons		●wheat			●				●					
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														
Mild Chicken Curry														
Mild Chicken Korma	●						●milk							
Mild Chicken Tikka														
Mild thai green chicken curry							● milk							
Pepperoni Pizza		•wheat, cereal					●cheese							
Pork & Apple Burger		●wheat											●	●

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Pork Sausage		●wheat												●
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 Lasagne (GF lasagna)							●cheese, milk							
GF Beef Casserole	●						●cheese							
Cheese and Ham Pizza(GF base)							●cheese							
Cheese and Tomato Pizza (GF base)							●cheese							
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/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							
Cheese & Tomato mini muffin pizza		●wheat					●							
Cheese & Tomato Pizza		●wheat					●cheese							
Cheese& Roast Veg Muffin Pizza		●wheat					●cheese							
Country Vegetable Pie	●	●wheat					●milk							
Courgette & Lentil Bake				●			●cheese, milk							
Courgette & Tomato Frittata				●			●milk							

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
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							
Leek & Cheese Sausage	●	●wheat		●			●cheese, milk		●					
Leek & Potato soup	●													
Leek Slice		●					●							
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 Burger		●wheat		●			●milk							
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 potato curry														
Sweet & Sour Vegetables		●wheat											●	●
Sweet Potato Falafels														
Sweet Potato & Vegetable Burger		●												
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 Bolognaise	●													
Vegetarian Cottage Pie							●butter, milk							●

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Vegetarian Cheese topped Cottage Pie							●butter, milk, cheese							●
Vegetarian Cottage Pie (dairy free)														●
Vegetarian Paella	●			●										
Vegetarian Roast		●wheat		●										
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														
Beef Bolognaise														
Cheese & Coleslaw				●			●cheese							
Cheese & Onion				●			●cheese							
Cheese							●cheese							
Cheese & Beans							●cheese							
Chicken Mayonnaise				●										
Chicken & Sweetcorn Mayonnaise				●										
Coronation Chicken				●										
Egg Mayonnaise				●										
Ham & Cheese							●cheese							
Ham														
Mayonnaise				●										
Mild Beef Chilli														
Mild Beef Chilli and Cheese							●cheese							
Mild Veg Chilli	●													
Rainbow Coleslaw and Cheese	●			●			●cheese							
Rainbow Coleslaw	●			●										
Ratatouille & Cheese							●cheese							
Ratatouille														
spaghetti hoops		●												
Three Bean Chilli														
Three Bean Fajita		●												
Tuna & Sweetcorn Mayo				●	●									
Tuna Mayonnaise				●	●									
Turkey Curry														
Vegetarian Bolognaise	●													
Vegetable Curry	●													

Rolls and Fillings

Cheese & Onion Roll		●wheat		●			●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

Apple Sauce														
Baked Beans														

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Baguette		●wheat												
Buttery new Potatoes							●							
BBQ Sauce-Caterforce														●
BBQ Sauce- Lions American														
Bread - wholemeal (optional)		●wheat												
Brioche Bun		●wheat		●			●milk							
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														
Crudites														
Garlic Bread		●wheat					●butter							
Gravy (optional)	●	●wheat, barley											●	
Gravy (Vegetarian)	●	●wheat											●	
Green Beans														
Homemade Tomato Ketchup	●													
Ketchup (optional)														
Layered Potatoes	●						●butter							
Mashed Potatoes							●milk, butter							●
Naan Bread		●wheat					●milk							
New Potatoes														
Pasta (gluten free)														
Pasta / Tricolour		●wheat												
Potato salad				●										
Tricolour Pasta Salad		●wheat		●										
Peas														
Pitta Bread		●wheat												
Pineapple Ring														
Rainbow Coleslaw	●			●										
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														

Dairy Free

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Mashed Potatoes														

Packed Lunch

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		●wheat, oats												
Apple wedge & cheddar cheese							●							
Apricot Crumble Slice		●wheat, oats												
Banana & Custard							●milk							
Banana & Mango Smoothie							●							
Banana & Mango muffin		●wheat		●										
Banana & Date Cake		●wheat		●										●
Blackberry Sponge		●wheat		●										
Catherine Wheel Cookie		●wheat												
Carrot Cake		●wheat		●										
Celebration Cup Cake		●wheat		●										
Cherry Flapjack		●oats												
Cherry Shortbread		●wheat												
Chocolate Brownie		●wheat		●										●
Chocolate Shortbread		●wheat												
Chocolate Cake		●wheat		●										
Chocolate Custard							●milk							
Chocolate Easter Crispy Cake							●milk						●	
Chocolate Crispy Cake							●milk							
Chocolate Raspberry Cake		●wheat		●										
Chocolate Pudding (Gooey)		●wheat		●			●milk							
Christmas Cookie		●wheat, oats					●milk							
Christmas Cookie (DF)		●wheat, oats												
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		●										
Fruit Compote & Cream							●cream							
Fruit Compote & Custard							●milk							
Berry Fruit Compote & Yoghurt							●yoghurt							
Flapjack		●oats												
Fresh Watermelon Wedge														
Fruit Compote														
Fruit Platter / Medley														

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
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		●			●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												
Ooey Gooey Monster eye cookie		●wheat		●			●							
Orange and Lemon Drizzle Cake		●wheat												
Pancakes		●		●			●							
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		●										
Queen's Birthday Cake		●wheat		●										
Raspberries in Raspberry Jelly & Cream							●cream							
Raspberry blondie		●wheat		●										
Raisin Flapjack		●oats												
Rice Pudding							●milk							
Red Nose Cookie		●		●			●							
Scone		●wheat					●milk							
Scone, Jam & Cream		●wheat					●milk, cream							
Shortbread and Fresh Pineapple		●wheat												
Shortbread and Grapes		●wheat												
Shortbread and Melon Wedge		●wheat												
Sticky Ginger Cake		●wheat												

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Strawberry Milkshake							●milk							
Strawberry Smoothie							●yoghurt							
Sticky Toffee Pudding		●wheat		●										
Summer Fruit Muffin		●wheat		●			●milk							
Summer Fruit Window Cake		●wheat		●										
Tropical Fruit Crush & Yoghurt							●yoghurt							
Vanilla Sponge		●wheat		●										
Fruit Yoghurt							●yoghurt							

Allergy/Intolerance Desserts

Gluten Free

GF Crumble														
GF Caramel Shortcake							●milk						●	
GF Chocolate Brownie				●			●milk							
GF Lemon Drizzle Cake				●			●milk							

Dairy Free

Alpro Dairy Free Custard													●	●