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							
Breaded Fishcake		● wheat			●									
Roll		● wheat											●	
Chicken Breast (GG)														
Chicken Breast (Marinated/southern style)														
Chicken Casserole	●													
Chicken & Tomato Pasta Bake	●	● wheat												
Chicken & Butternut Squash Curry	●						●cream							
chicken burger														
Chicken & Ham Carbonara							●Cheese, Cream							
Chicken & Pepper Pizza		●wheat					●cheese							
Chicken & Pesto Pasta		●wheat					●cheese							
Chicken Fajita & Wrap		●wheat												
Chicken Paella	●													
Chicken with BBQ sauce														
Creamy Chicken & Ham Pasta		●wheat					●cheese, milk							
Cottage Pie	●						●milk, butter							●
Fish Bubble Coated(taster)														
Fish in Batter		●wheat			●									
Fishfinger		●wheat			●									
Fish Goujons		●wheat			●				●					
Fishcake		●wheat			●		●							
Fruity Chicken Curry														
Gammon Steak (GG)														
Ham & Cheese Pizza(incl mini muffin)		●wheat					●cheese							
Ham & Sweetcorn Pizza		●wheat					●cheese							
Ham & Pineapple Pizza		●wheat					●cheese							
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							
Pork & Apple Burger		●wheat											●	●
Pork Sausage		●wheat												●
Pork Sausage (gluten free)														
Pork, sticky teryaki		●											●	
Pulled Pork														
Ploughman's with Ham		●wheat					● butter							
Roast Beef														
Roast Chicken														
Roast Gammon														

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Roast Pork														
Roast Pork Steak														
Roast Turkey														
Salmon Fishfingers		●wheat, cereal			●									
slow cooked tender beef	●	●											●	
Sticky Chinese Chicken		●wheat											●	
Sticky Barbecue Chicken														
Sticky maple gammon														
Sweet & Sour Chicken		●wheat											●	●
Sweet & Sour Pork		●wheat											●	●
Turkey Meatballs														
Tortilla Wrap		●wheat												

Gluten Free

Beef Lasagne (GF lasagna)							●cheese, milk							
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							
Carrot and Coriander Falafel														
Cheese & Bean Burger		oats					●							
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							
Courgette & Lentil Bake				●			●cheese, milk							
Courgette & Tomato Frittata				●			●milk							
Courgette Sausage		●wheat		●			●cheese, butter							
Falafels														
Homity Pie		●wheat					●cream, cheese							
Hummus														
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														
Pesto							●cheese							
Ploughman's with Cheese		●wheat					●cheese, butter							
Quorn Burger		●wheat		●			●milk							

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Quorn Balls		●wheat		●										
Quorn Chilli		●wheat		●										
Quorn Fajitas with Tortilla Wrap		●wheat		●			●cheese, milk							
Quorn Keema Curry				●										
Quorn Sausage		●wheat		●			● milk							
Quorn Sausage & Tomato Frittata		●wheat		●			●milk,cheese							
Quorn Sub Roll		●wheat		●										
Quorn & Vegetable Stir Fry				●									●	
Quorn, Southern Style				●										
Quorn, sticky teryaki				●									●	
Quorn Paella	●			●										
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)														
Vegetable Curry	●													
Roasted Vegetable Lasagne		●wheat					●cheese, milk							
Vegetable and Lentil Lasagne		●wheat					●cheese, milk							
Vegetable Loaf	●	●wheat					●butter							
Vegetarian Bolognaise	●													
Vegetarian Cottage Pie							●butter, milk							●
Vegetarian Cheese topped Cottage Pie							●butter, milk, cheese							●
Vegetarian Cottage Pie (dairy free)														●
Vegetarian Paella	●			●										
Vegetarian Roast		●wheat		●										
GF Vegetarian Lasgne							●							
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														

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Mild Beef Chilli and Cheese							●cheese							
Mild Veg Chilli	●													
Rainbow Coleslaw and Cheese	●			●			●cheese							
Rainbow Coleslaw	●			●										
spaghetti hoops		●												
Three Bean Chilli														
Three Bean Fajita		●												
Tuna & Sweetcorn Mayo				●	●									
Tuna Mayonnaise				●	●									
Vegetarian Bolognaise	●													
Vegetable Curry	●													

Rolls and Fillings

Cheese Sub Roll		●wheat					●butter, cheese						●	
Chicken Mayo Sub Roll		●wheat		●			●butter						●	
Beef Sub Roll		●wheat					●butter						●	
Tuna Mayo Sub Roll		●wheat		●	●		●butter						●	
Ham Sub Roll		●wheat					●butter						●	

Side Dishes

Apple Sauce														
Baked Beans														
Baguette		●wheat												
Buttery new Potatoes							●							
BBQ Sauce-Caterforce														●
BBQ Sauce- Lions American														
Bread - wholemeal (optional)		●wheat												
Brown Rice														
Carrots														
Chips														
Colourful Rice														
cheesy potato bake							●							
Cous Cous		●wheat												
Cranberry Sauce														
Crispy Potatoes														
Crudites														
Garlic Bread		●wheat					●butter							
Gravy (optional)														
Gravy (Vegetarian)	●	●wheat											●	
Green Beans														
Ketchup (optional)														
Layered Potatoes	●						●butter							
Mashed Potatoes							●milk, butter							●
Naan Bread		●wheat					●milk							
New Potatoes														
Pasta / Tricolour		●wheat												
Potato salad				●										
Tricolour Pasta Salad		●wheat		●										
Peas														
Pitta Bread		●wheat												
Pineapple Ring														
Rainbow Coleslaw	●			●										
Raita Dip							●							

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

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 & 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		●										
Blackcurrant Jelly & Pears														
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 Mousse							●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		●										●

	celery	cereals containing gluten	crustaceas	eggs	fish	lupin	milk (cheese, cream, butter, yoghurt)	molluscs	mustard	nuts	peanuts	seasame seeds	soya	sulphur dioxide
Date and Ginger Slice		●wheat		●										●
Date Flapjack		●oats												●
Date Slice		●oats, wheat												●
Dorset Apple Cake		●wheat		●										
Berry Fruit Compote & Yoghurt							●yoghurt							
Flapjack		●oats												
Fresh Watermelon Wedge														
Fruit Compote														
Fruit Platter / Medley														
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		●										
Mandarins in Orange Jelly														
Mango Smoothie							●yoghurt							
Marble Cookie		●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		●wheat, oats												
Ooey Gooey Monster eye cookie		●wheat		●			●							
Orange and Lemon Drizzle Cake		●wheat												
Pancakes		●		●			●							
Peaches & Yoghurt							●yoghurt							
Peach Melba Sponge		●wheat		●			●milk							
Peach Melba and Yoghurt							●yoghurt							
Pears with Chocolate Custard							●milk							
Pear & Chocolate Sponge		●wheat		●										
Pineapple Upside Down Cake		●wheat		●										
Pudsey Bear Shortbread Biscuit		●wheat		●										
Raspberry blondie		●wheat		●										
Raspberry Cake		●wheat		●										
Raisin Flapjack		●oats												
Rice Pudding							●milk							
Red Nose Cookie		●		●			●							
Scone		●wheat					●milk							
Scone, Jam & Cream		●wheat					●milk, cream							
Shortbread		●wheat												
Sticky Ginger Cake		●wheat												
Strawberry Smoothie							●yoghurt							
Sticky Toffee Pudding		●wheat		●										
Summer Fruit Muffin		●wheat		●			●milk							

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