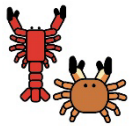
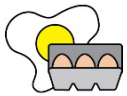
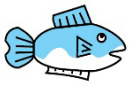
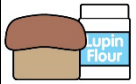
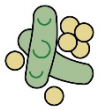
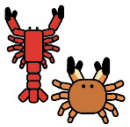
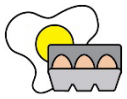
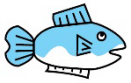
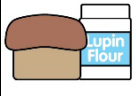
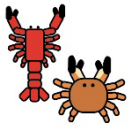
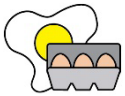
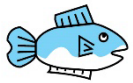
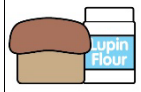
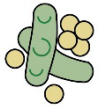
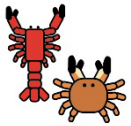
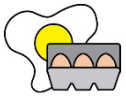
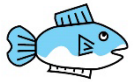
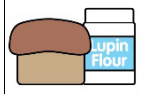
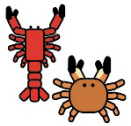
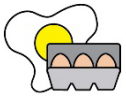
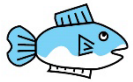
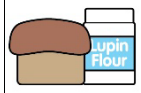
Dishes and their allergen content

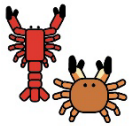
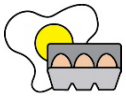
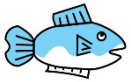
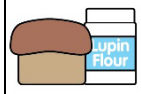
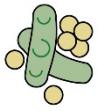
Main Meat Meals														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Tikka Curry		✓ Wheat (Naan)					✓							
Chicken Jollof Rice														
Lamb Lasagne		✓ Wheat		✓ May			✓							
Beef Burger		✓ Wheat & Rye		✓			✓					✓ May	✓	✓
Breaded Fish & Chips		✓ Wheat May Barley			✓									
Fish Fingers & Chips		✓ Wheat			✓									
Salmon Stir-Fry		✓ Wheat		✓	✓									
Pasta & Meatballs		✓ Wheat												
Chicken Shawarma		✓ Wheat												
Breaded Chicken Strips		✓ Wheat												
Chilli Beef Tacos/ Nachos		✓ Wheat (Tortilla)												
Chicken Katsu Curry		✓ Wheat												
Roast Chicken														
Chick Saus & Mashed Pots		✓ Wheat					✓							✓

Vegetarian Meals														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cajun Quorn & Sweetcorn Pizza		✓ Wheat		✓ May			✓		✓ May				✓	
Macaroni Cheese		✓ Wheat					✓							
Winter Vegetable & Bean Hotpot		✓ Wheat					✓							
Southern Quorn Burger		✓ Wheat & Rye		✓			✓					✓ May		
Cheese & Tomato Pizza		✓ Wheat		✓ May			✓						✓	
Bean & Cauliflower Tikka Curry		✓ Wheat (Naan)					✓							
Quorn Spanish Rice				✓					✓ May					
Quorn Nuggets		✓ Wheat												
Vegetable Pizza		✓ Wheat		✓ May			✓						✓	
Pasta Tomato Sauce		✓ Wheat												
Quorn Hotdog		✓Wheat		✓								✓ May	✓ May	
Vegan Sausages & Mashed Potato		✓ Wheat					✓							
Jacket Potato				✓ If Tuna Mayo is ordered	✓ If Tuna Mayo is ordered		✓ if Cheese is ordered							
Homemade Bread		✓ Wheat		✓ May			✓ May						✓ May	

Desserts														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Frozen Raspberry Yoghurt							✓							
Mixed Berry Sponge / Custard		✓ Wheat		✓			✓ (Custard)							
Strawberry Jelly														
Fruit Platter														
Shortbread Biscuit		✓ Wheat												
Fruit Crumble / Custard		✓ Wheat					✓ (Custard)							
Cocoa & Orange Sponge Cake		✓ Wheat		✓										
Strawberry Cheesecake		✓ Wheat		✓ May			✓						✓ May	
Cheese & Crackers		✓ Wheat		✓ May			✓					✓ May		
Fruit Smoothie														
Apple Sponge Cake		✓ Wheat		✓										
Orange Jelly														
Cocoa & Banana Cookie		✓ Wheat												
Yoghurt							✓							

Sandwich Option														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cheese Sandwich		✓ Wheat May Barley					✓						✓	
Tuna Sandwich		✓ Wheat May Barley		✓	✓								✓	
Egg Mayo Sandwich		✓ Wheat May Barley		✓									✓	
Tikka Chicken Salad Wrap		✓ Wheat		✓									✓	
Roast Chicken Salad Wrap		✓ Wheat		✓										
Sweet Chilli Chicken Wrap		✓ Wheat		✓										

Breakfast														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Scrambled Egg				✓			✓							
Poached Egg				✓										
Baked Beans														
Cheese on Toast		✓ Wheat					✓						✓	
Porridge		✓ Oats, May Wheat & Barley												
Bagels		✓ Wheat & Barley												
Toast		✓ Wheat											✓	
Crisped Rice		✓ Barley, May Oats					✓ May						✓ May	
Corn Flakes		✓ Barley							✓ May				✓ May	
Weetabix		✓ Wheat & Barley												

Morning Break														
	Celery	**Cereals containing gluten***	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts†**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cheese Bagel		✓ Wheat & Barley					✓							
Veg Samosa		✓ Wheat											✓	
Toasted Cheese Sandwich		✓ Wheat					✓						✓	
Toasted Tuna Sandwich		✓ Wheat		✓	✓								✓	
Toast		✓ Wheat											✓	
Fruit Cups														
Yoghurt							✓							
Milk Carton							✓							
Fruit Juice Carton														