










































MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Chicken Pie	X Wheat	X					X							
Roast Pork														
Sage & Onion Stuffing	X Wheat													
Beef Burger (Gluten Free)														
Burger Bun (using Best of Both)	X Wheat	MC	MC		X									
Battered Fish Fillet	X Wheat			X										
Pork Sausages (Gluten Free)														
Gravy (Knorr)														
Organic Beef Bolognese						X								
Roast Chicken														
Fish Fillet Fingers	X Wheat			X										
Grilled Chicken (using Redhouse Crumb Coated Chicken)														

														
MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Roast Gammon														
Organic Beefy Pasta Bake	X Wheat	X												
Crispy Coated Salmon (using GF Bubble Salmon)				X										

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VEGETARIAN / VEGAN MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Macaroni Cheese (V)	X Wheat	X					X							
Vegan Chilli (Ve)					X									
Mild Vegetable Curry (Ve)														
Vegan Sausages (using Kater Vegan Banger) (Ve)	X Barley, Wheat				X									
BBQ Quorn Fillet (V)	X Wheat		X		X	X								
Cheese and Tomato Pizza (V)	X Wheat	X	MC		X									
Roasted Vegetable Lasagne (V)	X Wheat	X	MC		X		X							
Tomato Cheese Tart (V)	X Wheat	X												
Veggie 'Meat-Free Balls' (Ve)	X Wheat		MC		X	MC	MC				MC			
Quorn Pattie (V)	X Barley, Wheat	X	X											
Mild Mexican Fajita (Ve)	X Wheat				X									

														
VEGETARIAN / VEGAN MAINS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Italian Pasta Bake (Ve)	X Wheat				X									
Vegetarian Quorn Frankfurter (V)			X											
Roll (using Best of Both)	X Wheat	MC	MC		X									
Tomato & Chickpea Ragu (Ve)						X								
Cheese & Broccoli Bake (V)	X Wheat	X	MC		MC	MC	MC							
Savoury Quiche (V)	X Wheat	X	X				X							















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SIDE DISHES	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Diced Potatoes														
Creamed Potatoes		X				MC								
Roast Potatoes						MC								
Wholemeal Pasta	X Wheat													
Potato Wedges														
Mixed Side Salad														
Brown and White Rice														
Garlic Bread (using Best of Both)	X Wheat	MC	MC		X									
Pasta	X Wheat													
Low Fat Chips														
Savoury Rice														
Tomato Bread	X Wheat	MC	MC		MC									
Roast New Potatoes														

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

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DESSERTS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Chocolate Muffin	X Wheat	X	X											
Fresh Fruit Wedges*														
Tropical Crumble	X Wheat													
Greek Yogurt		X												
Fruit Jelly								X						
Lemon Shortbread	X Wheat													
Apple Sponge	X Wheat	X	X		X									
Strawberry Mousse		X												
Oaty Cookie	X Wheat, Oat													
Chocolate Brickwall	X Wheat													
Oaty Fruit Crunch	X Wheat, Oat													
Marbled Cookie	X Wheat													

														
DESSERTS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Shortbread	X Wheat													
Cheese and Crackers	X Wheat	X	MC								MC			
Yeo Valley Yoghurt (Strawberry)		X												
Yeo Valley Yoghurt (Raspberry)		X												
<i>*if with Lemon Juice</i>								X						















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Cold Options	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crusta-cean
Cheese Sandwich	X Wheat	X			X									
Chicken Mayo Wrap	X Wheat		X											
Tuna Mayo Baguette	X Wheat	X	X	X	MC									
Ham Roll	X Wheat	X	MC		X									
Egg Mayo Roll	X Wheat	X	X		X									















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SPECIAL MENU ALTERNATIVES	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Gluten Free Fish Fingers				X										
Gluten Free Fish Cake				X										
Gluten Free Vegetable and Bean Burger (Bake)														
Gluten Free Bread Roll/Bun (using Dr Schar Gluten Free White Ciabatta)					X		MC				MC	MC		
Gluten Free Pizza		X			X		MC				MC	MC		
Gluten Free Sponge		X	X											
Gluten Free Cupcake		X	X											
Gluten Free Pasta					MC									
Quorn Vegan Nuggets	X Wheat													
Quorn Fillet			X											
Southern Style Quorn Burger	X Wheat	X	X											
Vegetable Fingers	X Wheat													
Iced Fruit Smoothie														
EF Vegetarian Sausages (using Everyday Vegetable Sausage)	X Wheat					X								

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EXTRAS	Cereal containing gluten	Milk	Egg	Fish	Soya	Celery	Mustard	Sulphur Dioxide	Peanut	Tree Nut	Sesame seed	Lupin	Mollusc	Crustacean
Jacket Potato with Cheese		X												
Jacket Potato with Tuna, plain*				X										
Jacket Potatow with Baked Beans														
Jacket Potato with Tomato & Chickpea Ragu						X								
<i>*if with Salad Cream</i>			X				X							
<i>*if with Light Mayonnaise</i>			X											

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