

Allergen Sheet

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Italian Chicken & Tomato Pasta Bake, Garlic Bread		✓		✓			✓		✓				✓	
Vegetable Arrabbiata pasta	✓	✓		✓			✓		✓				✓	
Spicy Beef Burrito		✓		✓			✓		✓				✓	
Aubergine and sundried tomato, topped with cheesy nachos crumb				✓			✓		✓				✓	
Tandoori Chicken Folded Naan Bread, Raita, Chilli Sauce & Lettuce & Cucumber		✓		✓			✓		✓				✓	
Onion Bhaji Folded Naan Bread, Raita, Chilli Sauce & Lettuce & Cucumber		✓		✓			✓							
Pizza margherita, coleslaw, Herby diced potatoes		✓		✓			✓							
Chicken Pizza, Coleslaw & Herb Diced Potatoes		✓		✓			✓							
Syrup sponge with Custard		✓		✓			✓							
Jam Roly-poly with Custard		✓		mc			mc						mc	
Lemon drizzle cake with Custard		✓		✓			✓							
Chocolate sponge with Chocolate Sauce		✓		✓			✓							
Sugar Ring Doughnut		✓		mc			mc					mc	✓	

INTEGRITY - DILIGENCE - CIVILITY

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Chicken Noodle Stir-fry, prawn crackers, Mini Sprin Roll	✓	✓		✓	✓		✓		✓			mc	✓	
Spicy Bean Burger, Brioche Bun, Lettuce, Corn on Cob	✓	✓		✓			✓		✓			mc	✓	
Lamb keema Cottage pie		✓		✓			✓		✓				✓	
Vegetable Biryani, Vegetable Samosa & Curry Sauce		✓		✓			✓		✓				✓	
Beef Ragu With Tagliatelle pasta, Garlic Bread	✓	✓		mc			✓		✓				✓	
Roasted Stuffed peppers, Salad	✓			✓			✓		✓				✓	
Lamb Burrito Bake, Savoury Rice, Mexican Salad	✓	✓		✓			✓		✓				✓	
Roasted vegetable Tortilla Bake, Savoury Rice, Mexican Salad	✓	✓		✓			✓		✓				✓	
Southern Fried Mini Chicken Fillets Burger, Corn on Cob	✓	✓		✓			✓		✓				mc	
Sponge with Custard		✓		✓			✓							
Cornflake Tart with Custard		✓		✓			✓							
Sponge with Custard		✓		✓			✓							
Chocolate Brownie with Custard		✓		✓			✓						✓	
Sugar-ring doughnut		✓		mc			mc					mc	✓	

INTEGRITY - DILIGENCE - CIVILITY

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Beef Burger in brioche, lettuce & Potato Wedges		✓		✓			✓					mc	mc	✓
Halloumi filled Mushroom In brioche, Lettuce, Potato Wedges		✓		✓			✓					mc	mc	
Peri Piri Chicken Pizza, Baked Beans & Herb Diced Potatoes		✓		mc			✓							
Tomato and roast pepper Pizza, Baked Beans & Herb Diced Potatoes		✓		mc			✓							
Tuna Pasta Bake, Garlic Bread		✓		✓	✓		✓		✓				✓	
Vegetarian Enchiladas		✓		✓			✓		✓				✓	
Chicken Rogan Josh, Rice, Mini Samosa		✓		✓			✓		✓				✓	
Vegetable Balti, Rice, Mini Samosa		✓		✓			✓		✓				✓	
Mixed Berry Cake with Custard		✓		✓			✓							✓
Chocolate ice-cream Roll		✓		✓			✓							
Sticky Toffee cake with Custard		✓		✓			✓							
Chocolate Sponge with Custard		✓		✓			✓							
Sugar-ring doughnut		✓		mc			mc					mc	✓	

INTEGRITY - DILIGENCE - CIVILITY

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Jacket Potato Bar (Please check counter signage for fillings and Allergens)														
Vegetable Quesadillas		✓		✓			✓		✓			mc	✓	
Blackened Cajun Chicken, Herb new potatoes & Sweetcorn & Pepper Salad				✓			✓		✓				✓	
Smokey Vegetable Chilli & Cous Cous		✓		✓			✓		✓				✓	
Roast Chicken Dinner, Yorkshire pudding		✓		✓			✓		✓				✓	
Vegetarian Cottage Pie, Potatoes, Vegetables, Gravy		✓		✓			✓		✓				✓	
Minced Beef Lasage, Garlic Bread, Salad		✓		✓			✓		✓				✓	
Vegetable cannelloni with garlic bread and salad		✓		✓			✓		✓				✓	
Chocolate Ice-Cream Pot							✓							
Apple Strudel with Custard		✓		✓			✓							
Carrot Cake with Frosting		✓		✓			✓							
Chocolate Brownie with Custard		✓		✓			✓							
Sugar-ring doughnut		✓		mc			mc					mc	✓	

INTEGRITY - DILIGENCE - CIVILITY

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
BAKERY ITEMS														
Flapjack		✓					✓							
Chocolate Cookie		✓		✓			✓							
Vanilla cookie		✓		✓			✓							
Chocolate Muffin with Buttercream and Malteser		✓		✓			✓						✓	
Plain Muffin with Buttercream and Malteser		✓		✓			✓						✓	
Toasted Coconut Swirl with Buttercream		✓		✓			✓							

Menu Reviewed September 23

	Sulphur Dioxide	Soya	Sesame	Peanuts	Nuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Gluten	Celery
Tomato Sauce														
Mayonnaise											✓			
Mint Yoghurt								✓						
Chilli Sauce														

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
BREAKFAST ITEMS														
Waffle		✓		✓			Mc						✓	
Nachos with Salsa, Cheese and Jalapeno's	✓						✓							
Buttered Toast (white)		✓												
Cheese melt	✓	✓					✓		Mc			Mc	Mc	
PANINI														
Cheese & Tuna Mayonnaise Panini		✓		✓	✓		✓		Mc			Mc	Mc	
Chicken Tikka & Cheese Panini		✓					✓		✓			Mc	Mc	

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Pain au Chocolate		✓		✓			mc						Mc	
Croissant		✓		mc			✓						Mc	
Toasted coconut swirl		✓		✓			✓							

Menu Reviewed September 23

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Margherita Pizza		✓		mc			✓							
Meat Feast Pizza		✓		mc			✓					Mc	✓	✓
Chicken Pizza		✓		mc			✓		✓					
Sugar-ring doughnut		✓		mc			mc					mc	✓	

Menu Reviewed September 23

FRIDAY MENU

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Battered Fish and Chips Cooked in fish oil		✓			✓									
Cheese and Tomato Pizza and chips, (cooked in fish oil)		✓		mc	✓		✓							
Hot & Spicy Chicken Fillet in a Brioche Bun with Chips (Cooked in Fish Oil)		✓		✓	✓		✓					mc	mc	
PLEASE ASK FOR SEPARATE CHIPS IF YOU HAVE A FISH ALLERGY TO FISH														
Mushy Peas														
Baked Beans														
Curry Sauce	✓	✓		✓			✓		✓				✓	