| Food Item | Nuts | Peanuts | Eggs | Milk | Fish | Crustacean | Molluscs | Gluten | Celery | Lupin | Mustard | Sesame Seeds | Soya | Sulphur Dioxide |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Meditterean pasta with crusty bread |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Peaches with ice cream |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Breaded fish with new potatoes |  |  |  |  | x |  |  | x |  |  |  |  |  |  |
| Quiche |  |  | $\times$ | $\times$ |  |  |  | x |  |  |  |  |  |  |
| Lemon cake and custard |  |  | $\times$ | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Roast Chicken, Roast Potatoes, Yorkshire pudding \& gravy |  |  | * | x |  |  |  | $\times$ |  |  |  |  |  |  |
| Jelly with cream and sprinkles |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Quorn in gravy |  |  | $\times$ |  |  |  |  |  |  |  |  |  |  |  |
| Spagetti bolognaise |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Garlic bread |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Vegetarian bolognaise |  |  |  |  |  |  |  | x | $\times$ |  |  |  | x |  |
| Scone with cream and jam |  |  |  | x |  |  |  | $\times$ |  |  |  |  |  |  |
| Pizza and chips |  |  |  | $\times$ |  |  |  | x |  |  |  |  |  |  |
| Ginger bread biscuit |  |  |  |  |  |  |  | x |  |  |  |  |  |  |
| Chicken in tomato and basil sauce with pasta |  |  |  |  |  |  |  | x |  |  |  |  |  |  |
| Quorn in tomato sauce |  |  | $\times$ |  |  |  |  |  |  |  |  |  |  |  |
| Angel delight |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Lasagne |  |  |  | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Vegetarian lasgane |  |  |  | x |  |  |  | $\times$ | $\times$ |  |  |  | * |  |
| Chocolate muffin |  |  | $\times$ | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Turkey,roast pots,yorkshire, gravy |  |  | * | x |  |  |  | x |  |  |  |  |  |  |
| Quorn pieces in gravy |  |  | $\times$ |  |  |  |  |  |  |  |  |  |  |  |
| Arctic roll |  |  | $\times$ | * |  |  |  | $\times$ |  |  |  |  |  |  |
| Ham baguette and wedges |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Chciken goujons with chips |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Sprinkle cake with custard |  |  | * | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Baked beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oaty biscuit |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Cheese baguette |  |  |  | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Fish fingers with wedges |  |  |  |  | x |  |  | $\times$ |  |  |  |  |  |  |
| Vegetarian sausage |  |  |  |  |  |  |  | $\times$ |  |  |  |  | x |  |
| Chococlate crispy |  |  |  | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Chicken fajitas with rice |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Fairy cake |  |  | $\times$ | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Quorrn fajitas |  |  | $\times$ |  |  |  |  | $\times$ |  |  |  |  |  |  |
| $\qquad$ potatoes, yorkshire,gravy |  |  | $\times$ | x |  |  |  | $\times$ |  |  | $\times$ |  |  | $\times$ |
| Carrot cake |  |  | $\times$ | $\times$ |  |  |  | $\times$ |  |  |  |  |  |  |
| Meatballs in tom sace |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spaghetti |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Flapjack fruity |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Fishcake with chips |  |  |  | x | $\times$ |  |  | $\times$ |  |  | x |  |  |  |
| Quorn nuggets |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Shortbread biscuit |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Orange juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn in tom sauce |  |  | $\times$ |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  | $\times$ |  |  |  |  |  |  |  | x |  |  |  |
| Potato salad |  |  | $\times$ |  |  |  |  |  |  |  | x |  |  |  |
| Ham sandwich |  |  |  |  |  |  |  | $\times$ |  |  |  |  |  |  |
| Cheese sandwich |  |  |  | x |  |  |  | $\times$ |  |  |  |  |  |  |


| Jacket potato with beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Jacket potato with cheese |  |  |  | $\times$ |  |  |  |  |  |  |  |  |  |  |
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