

|  | Gluten | Gluten: Wheat | Gluten: Rye | Gluten: Barley | Gluten: Oats | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Nuts: Almond | Nuts: Hazelnut | Nuts: Walnut | Nuts: Cashew | Nuts: Pecan | Nuts: Brazil | Nuts: Pistachio | Nuts: Macadamia | Sesame seeds | Sulphur dioxide | Molluscs | Celery | Mustard | Lupin |
|--|--------|---------------|-------------|----------------|--------------|-------------|------|------|---------|------|------|------|--------------|----------------|--------------|--------------|-------------|--------------|-----------------|-----------------|--------------|-----------------|----------|--------|---------|-------|
| Focaccia Margherita                            | Yes    | Yes           | No          | No             | No           | No          | May  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Veggie Bean Wrap                               | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Pancakes with Banana & Honey                   | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Katsu Chicken Curry                            | Yes    | Yes           | No          | No             | Yes          | No          | Yes  | No   | No      | Yes  | May  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | Yes    | May     | No    |
| Cheese & Potato Pie                            | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Chocolate Surprise Brownie                     | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | May  | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Roast Gammon & Pineapple                       | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Vegetable Plait                                | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Veggie Meatballs in a Tomato Sauce             | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Oat & Sultana cookie                           | May    | No            | No          | No             | May          | No          | Yes  | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Scorse Pork & Beef Meatballs in a Tomato Sauce | No     | No            | No          | No             | No           | No          | No   | No   | No      | Yes  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Apple Crumble                                  | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Custard  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |


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|-----------------------|--------|---------------|-------------|----------------|--------------|-------------|------|------|---------|------|------|------|--------------|----------------|--------------|--------------|-------------|--------------|-----------------|-----------------|--------------|-----------------|----------|--------|---------|-------|
| <b>Fish Fingers</b>   | Yes    | Yes           | No          | No             | No           | No          | No   | Yes  | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| <b>Veggie Nuggets</b> | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| <b>Pip Ice Lolly</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |

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|---|--------|---------------|-------------|----------------|--------------|-------------|------|------|---------|------|------|------|--------------|----------------|--------------|--------------|-------------|--------------|-----------------|-----------------|--------------|-----------------|----------|--------|---------|-------|
| Macaroni Cheese                             | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | Yes     | No    |
| Tomato & Basil Pasta Bake                   | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Crispy Chocolate Cornflake Cake             | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Norse Butchers Sausages                     | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | Yes          | No              | No       | No     | No      | No    |
| Vegetarian Sausages                         | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Peach Sponge                                | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | May  | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Custard                                     | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Roast Chicken                               | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Stuffing                                    | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Yorkshire pudding stuffed with Quorn pieces | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Arctic Roll                                 | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | Yes  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| Lasagne                                     | Yes    | Yes           | No          | Yes            | No           | No          | No   | Yes  | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | Yes    | May     | No    |
| Vegetable Lasagne                           | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | May     | No    |
| Homemade Shortbread                         | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |

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|-----------------------------|--------|---------------|-------------|----------------|--------------|-------------|------|------|---------|------|------|------|--------------|----------------|--------------|--------------|-------------|--------------|-----------------|-----------------|--------------|-----------------|----------|--------|---------|-------|
| <b>Battered Fish Fillet</b> | Yes    | Yes           | No          | No             | No           | No          | No   | Yes  | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| <b>Cheese Omelette</b>      | No     | No            | No          | No             | No           | No          | Yes  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | Yes     | No    |
| <b>Pip Ice Lolly</b>        | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |

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| <b>Cheese &amp; Tomato Pizza or Pockets (Margherita)</b>   | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Quorn &amp; Vegetable Fajitas</b>   | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Strawberry Mousse (Moosebreak)</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Fish Pie</b>  | Yes    | Yes           | No          | No             | No           | No          | No   | Yes  | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Cheese Wheels</b>   | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | Yes     | No    |    |
| <b>Sticky Toffee Sponge &amp; Sauce</b>  | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | May  | Yes  | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | Yes             | No       | No     | No      | No    | No |
| <b>Roast Pork</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Homemade Apple Sauce</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Quorn &amp; Leek Pastry Puff</b>  | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Fruit Jelly</b>   | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Beef Bolognese</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Mediterranean Bolognese</b>  | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Chocolate Crunch</b>  | Yes    | Yes           | No          | No             | No           | No          | Yes  | No   | No      | May  | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |
| <b>Jumbo Fish Finger</b>   | No     | No            | No          | No             | No           | No          | No   | Yes  | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    | No |

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| <b>Vegetable Fingers</b> | Yes    | Yes           | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |
| <b>Pip Ice Lolly</b>     | No     | No            | No          | No             | No           | No          | No   | No   | No      | No   | No   | No   | No           | No             | No           | No           | No          | No           | No              | No              | No           | No              | No       | No     | No      | No    |

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