

Allergens - menu from 22 February 2016

Meal	Contains peanuts	Contains Other Nuts	Contains egg	Contains fish	Contains Crustacean	Contains Molluscs	Contains Milk	Contains soya	Contains gluten	Contains sesame	Contains celery	Contains mustard	Contains >10ppm Sulphite	Contains lupin
Chicken Pasta Bake	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Quorn Pasta Bake	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Salmon Nibbles	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Ham & Pineapple Pizza	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Vegetarian Pizza	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Tuna Wraps	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N
Roast Pork	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chilli con Carne	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chilli con Quorn (vegetarian)	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Baked Gammon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese & Tomato Quiche	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Breaded Fish	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Vegetarian Shepherd's Pie	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Pork Meatballs	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N
Quorn Meatballs (vegetarian)	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N
Fish Goujons	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Chicken Curry	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Quorn Curry (vegetarian)	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Macaroni Cheese	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Meat Pie	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Quorn Pie (vegetarian)	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Tuna Pasta Bake	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Lasagne	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Quorn Lasagne (vegetarian)	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N
Roast Vegetable Quiche	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Breaded Salmon	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Quorn Pasties	N	N	Y	N	N	N	N	N	Y	N	Y	N	N	N
Lamb Bolognaise	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Quorn Bolognaise (vegetarian)	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Chicken Enchiladas	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pork Sausage Toad in the Hole	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Quorn Toad in the Hole	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Cheese & Tomato Pizza	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Roast Chicken Thighs	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cod Fillet	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Beefburger in a Bun	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Quorn Burger in a Bun (vegetarian)	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N
Mexican Chicken with Rice	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mexican Quorn with Rice (vegetarian)	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Fish Fingers	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Shepherd's Pie	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Quorn Shepherd's Pie (vegetarian)	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N
Sweet & Sour Chicken	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
Sweet & Sour Chicken (vegetarian)	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
Spiced Pork	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Dogs	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Cheese Omelette	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Vegetable Kiev	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Cod Bites	N	N	N	Y	N	N	N	N	Y	N	N	N	N	N
Sausage Rolls	N	Y	N	N	N	N	N	N	Y	N	N	N	Y	N
Vegetarian Sausage Rolls	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Stuffing	N	N	N	N	N	N	N	N	Y	N	N	N	N	N

Allergens - menu from 22 February 2016

Meal	Contains peanuts	Contains Other Nuts	Contains egg	Contains fish	Contains Crustacean	Contains Molluscs	Contains Milk	Contains soya	Contains gluten	Contains sesame	Contains celery	Contains mustard	Contains >10ppm Sulphite	Contains lupin
Pasta	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Spaghetti	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Naan Bread	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Creamed Potatoes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Garlic Bread	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Parsley Sauce	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Vegetable Spring Rolls	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Noodles	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N
Cherry Sponge	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Biscuit	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Ice Cream	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N
Eve's Pudding	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Jelly	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Sponge	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Orange Muffins	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Fudge Brownie	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Carrot Cake	N	N	Y	N	N	N	N	N	Y	N	N	N	N	N
Marble Sponge	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Fruit Flapjack	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Chocolate & Mandarin Muffin	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Bakewell Tart	N	N	Y	N	N	N	Y	N	Y	N	N	N	N	N
Custard	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flavoured Milk - Chocolate	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flavoured Milk - Strawberry	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flavoured Milk - Banana	N	N	N	N	N	N	Y	N	N	N	N	N	N	N