

Food	Allergens
Beef Bolognaise	Egg, Gluten (Spaghetti) and Soya
Quorn Bolognaise	Egg, Barley Gluten and Soya
Spaghetti	Wheat and Soya
Baked Beans	
Chicken Casserole	Wheat Flour, Soya, Gluten and Milk
Quorn Fillet Casserole	Egg and Soya
Mashed Potato	Milk and Lactose
Sweetcorn	
Baked Ham	
Gravy	Soya
Beef stew dumplings	Gluten, may contain Eggs, Milk and Soya
Vegetable hotpot	Soya
Fishcake	Fish, Gluten, Egg and Milk
Cheese and Vegetable bake	Milk and Gluten
Potato Wedges	
Pork Sausage Casserole	
Quorn Sausage Casserole	Egg, Wheat and Milk
Beef Lasagne	Wheat, Gluten, Milk, Cheese and Egg
Vegetable Lasagne	Wheat, Gluten, Milk, Cheese and Egg
Garlic Bread	Egg and Milk
Roast Chicken, Stuffing and Gravy	Chicken Gravy – Wheat, Soya, Gluten and Milk
Roast Potatoes	
Minced Beef Pie	Wheat and Milk
Vegetable Pie	Gluten, Milk and Wheat
Mashed Potato	Milk
Fish Pie	Gluten, Milk and Fish
Vegetable Quiche	Eggs, Milk and Gluten
Chicken Korma	Coconut, Milk, Dairy, Eggs and Sulphites
Vegetable Korma	Coconut, Milk, Dairy, Eggs and Sulphites
Meatballs	Wheat Flour
Spiral Pasta	Gluten
Quorn Pasta Bake	Gluten
Roast Beef and Yorkshire Pudding	Wheat, Egg and Milk
Cottage Pie	Milk
Vegetable Pie	Gluten and Milk
Mashed Potato	Milk
Fish Fingers	Fish, Gluten, Wheat, Yeast and Mustard
Veggie Fingers/Nuggets	Wheat
Oven Chips	
Baked Beans	
Tuna Mayo	Fish, Mayo- Egg, Mustard and Cream
Grated Cheese	Milk
Gravy	(Bisto reduced salt) No allergens

