

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Flapjack		y												
Flora														
Fresh Broccoli and Sweetcorn														
Fresh Carrots and Garden Peas														
Fresh Cauliflower and Green Beans														
Fresh Cauliflower and Peas														
Fresh Cream							y							
Fresh Fruit														
Fresh Fruit Salad														
Fresh Fruit Slices														
Fromage Frais							y							
Frozen Yoghurt							y							
Fruit Cookie		y												
Fruit Crunch		y												
Fruit Flapjack		y												
Fruit Jelly														
Fruit Salad														
Fruit Sponge		y		y										
Fruit Yoghurt Crunch		y					y							
Fruity Shortbread		y												
Garlic Bread		y												
Glamorgan Sausages		y					y							
Gluten Free Apple & Blackberry Crumble with Ice Cream							y							
Gluten Free Breaded Salmon Fillets					y									
Gluten Free Apple and Raspberry Crumble														
Gluten Free Apple Sponge														
Gluten Free Apricot Marble Cake and Custard				y										
Gluten Free Apricot Sponge							y							
Gluten Free Banana Cake				y			y							
Gluten Free BBQ Chicken Pizza				y					y					
Gluten Free Beef Enchiladas														
Gluten Free Blackberry and Apple Crumble and Cream							y							
Gluten Free Blueberry and Lemon Cake				y										
Gluten Free Blueberry Cake							y							
Gluten Free Bread				y										
Gluten Free Bread				y										
Gluten Free Cake				y										
Gluten Free Cheese, Ham and Tomato Pizza				y										
Gluten Free Cheesy Ham and Macaroni Bake							y		y					
Gluten Free Cheesy Tomato Pasta							y							
Gluten Free Cherry Cobbler with Custard							y							
Gluten Free Chicken Casserole														
Gluten Free Chicken Noodle Stir Fry														
Gluten Free Chocolate and Orange Cake							y							
Gluten Free Chocolate and Orange Sponge														
Gluten Free Chocolate and Raspberry Cake				y			y							
Gluten Free Chocolate Brownie				y			y							
Gluten Free Chocolate Sponge				y										
Gluten Free Chow Mein													y	
Gluten Free Crackers														
Gluten Free Creamy Cajun Chicken Pasta							y							
Gluten Free Creamy Three Bean Pasta				y			y							

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Hummus												y		
Ice Cream							y							
Ice Cream Wafers		y					y						y	
Iced Buns		y												
Italian Meatballs with Tomato Sauce and Spaghetti		y												
Jacket Potatoes														
Jam and Coconut Sponge Cake		y		y										
Lasagne		y		y			y							
Lemon Drizzle Cake		y		y										
Lemon Sponge		y		y										
Lentil and Sweet Potato Curry														
Macaroni Cheese							y							
Mandarins and Custard							y							
Mango Chutney														
Marmite	y	y												
Mashed Potatoes														y
Mayonnaise				y					y					
Meatballs in Tomato Sauce with Pasta		y					y							
Meringue														
Mince meat														
Mixed Bean and Lentil Tikka									y					
Mixed Bean Casserole									y					
Mixed Bean Chili con Carne														
Mixed Fruit Eton Mess				y			y							
Mixed Salad														
Mixed Vegetable Medley														
Mixed Vegetable Pie		y												
Mixed Vegetable Pie		y												
MSC Breaded Salmon Fillet		y			y									
MSC Fish and Oven Chips														
Mushy Peas														
Naan Bread		y												
New Potatoes														
Oaty Fruit Biscuit and Milk		y					y							
Oaty Pear Crumble		y												
Oven Chips														
Pancakes with Fruits of the Forest		y		y			y							
Pancakes with Mandarins and Ice Cream														
Pasta Bolognese	y	y												
Peach Compote														
Peach Slices and Dairy Free Ice Cream														
Peach Slices and Ice Cream														
Peach Sponge and Custard		y		y			y							
Peach Sponge and Dairy Free Custard		y		y									y	
Pear & Chocolate Sponge with Dairy Free Chocolate Sauce		y		y										
Peas and Sweetcorn														
Pineapple Upside Down Cake and Custard		y		y			y							
Piri Piri Chicken Pizza		y					y							
Piri Piri Vegetable Pizza							y							
Pizza Wheels		y					y							
Potato Gnocchi		y		y			y							
Potato Topped Bean and Lentil Pie							y							

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Potato Topped Mixed Vegetable Pie		y					y							
Potato Topped Turkey, Leek and Ham Pie		y					y							
Potato Wedges														
Pulled Pork Topped with Macaroni Cheese		y					y		y					
Quorn Bolognese				y									y	
Quorn Chicken Pasta		y		y			y							
Quorn Chilli Con Carne				y									y	
Quorn Fajitas				y									y	
Quorn Mince Enchiladas		y		y										
Quorn Pie		y		y			y		y					
Quorn Pieces in a Tomato Sauce with Rice				y										
Quorn Provençal	y													
Quorn Tikka				y										
Raspberry and Lemon Muffin		y		y										
Raspberry Ripple Artic Roll and Peaches		y		y			y							
Raspberry Sauce														
Raspberry Sponge and Lemon Sauce		y		y										
Rice Pudding							y							
Roast Chicken														
Roast Gammon with Roast Potatoes and Gravy														y
Roast Pork with Roast Potatoes and Gravy														y
Roast Potatoes														y
Roast Quorn Fillet				y										
Roast Turkey with Roast Potatoes and Gravy														y
Rocky Road Cake		y		y			y							
Salmon Burger		y			y									
Salmon Fish Cakes		y			y									
Salmon Fish Fingers		y			y									
Salmon Pasta Bake		y					y							
Sausage and Onion Pie	y	y		y	y									
Sausages		y												
Sausages and Mini Yorkshire Puddings														
Savoury Minced Beef Pie		y			y				y					
Shepherd's Pie														
Shortbread		y												
Skinny Fries														
Spaghetti Bolognese with Cheese Bowls		y					y							
Stewed Apples														
Sticky Chicken with Rice		y										y	y	
Sticky Toffee Pudding with Toffee Sauce		y		y										
Strawberry and Apple Crumble														
Strawberry Cheesecake		y					y							
Strawberry Sauce														
Sweet & Sour Chicken with Gluten Free Noodles														
Sweet and Sour Chicken		y											y	
Sweet and Sour Chicken with Noodles		y											y	
Sweet and Sour Pork		y											y	
Sweet and Sour Quorn with Noodles		y		y										
Tinned Fruit Cocktail														
Tinned Peaches														
Tinned Pears														
Toffee Sauce							y						y	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Tomato and Vegetable Pasta	y	y												
Tomato Ketchup														
Tomato Macaroni														
Tomato Pasta		y												
Tomato Sauce	y													
Tuna Mayonnaise				y	y									
Tuna Pasta Bake		y			y		y							
Turkey and Ham Pie		y					y		y					
Turkey and Vegetable Pie		y												
Turkey Arrabatia with Wholemeal Pasta		y												
Turkey Biryani														
Turkey Burger														
Turkey Chow Mein		y		y									y	
Turkey Meatballs														
Turkey Meatballs in a Tomato Sauce with Rice														
Vegetable Biryani														
Vegetable Bolognese with Gluten Free Spaghetti														
Vegetable Bolognese with Wholemeal Spaghetti														
Vegetable Casserole	y													
Vegetable Fajitas		y												
Vegetable Fingers														
Vegetable Hotpot	y								y					
Vegetable Lasagne		y		y			y							
Vegetable Noodle Stir Fry		y												
Vegetable Pasta Bake		y												
Vegetable Rice														
Vegetable, Bean and Lentil Pie		y												
Vegetarian Burger		y											y	
Vegetarian Chill Con Carne with Rice		y											y	
Vegetarian Chill Con Carne with Rice		y											y	
Vegetarian Chow Mein				y									y	
Vegetarian Cottage Pie		y							y				y	
Vegetarian Meatballs							y						y	
Vegetarian Sausage														
Vegetarian Shepherds Pie		y							y				y	
Vegetarian Spaghetti Bolognese		y		y										
Wholegrain Brown Rice														
Wholegrain Pasta		y												
Wholegrain Spaghetti		y												
Wholemeal Bread		y												
Wholemeal Bread		y											y	
Wholemeal Bun		y												
Wholemeal Spaghetti Hoops		y												
Wholemeal Vegetable Bolognese Bake		y					y							