

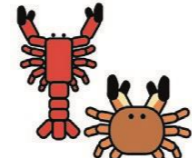

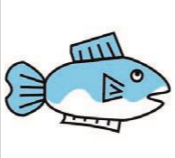










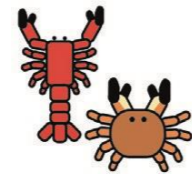
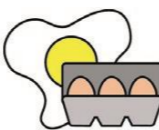
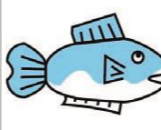
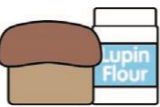






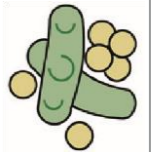



ALLERGEN CONTENT MATRIX for HOT & COLD OCT 2020

DISHES														
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Macaroni Cheese with salad and garlic bread(V)		Wheat. In Garlic Bread. Can provide GF pasta.				if using GF Pasta								if using GF Pasta and in Garlic Bread
Katsu Chicken Curry with Savoury Rice		Wheat In Naan Bread					In Naan Bread							
Veg Curry with Savoury Rice (V)		Wheat In Naan Bread					In Naan Bread							
Pizza with Wedges and Salad (V)														
Spaghetti Bolognese with Garlic Bread		Wheat. In Garlic Bread. Can provide GF pasta.				if using GF Pasta	If serving with cheese and in Garlic Bread							if using GF Pasta and in Garlic Bread
Spaghetti Neapolitan (V)		Wheat. In Garlic Bread. Can provide GF pasta.				if using GF Pasta	If serving with cheese and in Garlic Bread							if using GF Pasta and in Garlic Bread
Tomato and Cheese Pasta		Wheat. In Garlic Bread. Can provide GF pasta.				if using GF Pasta	If serving with cheese and in Garlic Bread							if using GF Pasta and in Garlic Bread
Fish & Fish Fingers Chips and Peas/Beans		Fish can be GF Fish fingers are GF												
Sausage Roll, Chips and Peas (V)		Wheat in sausage roll												
Chicken Meatballs with Spaghetti in a Tomato sauce		Wheat/Barley In all				if using GF Pasta	If serving with cheese and in Garlic Bread							if using GF Pasta and in Garlic Bread
Veg balls with Spaghetti in a Tomato sauce (V)		Wheat/Barley In all				if using GF Pasta	If serving with cheese and in Garlic Bread							In Meatballs. If using GF Pasta also in Garlic Bread
Chicken Tandoori with Rice and Naan		Wheat In Naan Bread					In Naan Bread							
Mince and Tatties with Yorkshires and veg	In Gravy	If eating Yorkshires			If eating Yorkshires									
Quorn Fillet with Tatties, Yorkshires and veg (V)	In Gravy	If eating Yorkshires			In Quorn & If eating Yorkshires									
Vegetable Goujons with chips and beans (V)	Wheat in Veg Goujons													
Chicken Curry with Rice and Naan		Wheat In Naan Bread					In Naan Bread							

ALLERGEN CONTENT MATRIX for HOT & COLD OCT 2020

Salads and pasta														
Allergens	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken pasta box		Can provide GF pasta		In Mayonnaise Can serve without		If using GF pasta	In Mayonnaise Can serve without		In Mayonnaise Can serve without					If using GF pasta
Roast Beef Salad Box		In FlatBread		In Mayonnaise Can serve without			In Mayonnaise Can serve without		In Mayonnaise Can serve without					
Italian pasta box with mozzarella		Can provide GF pasta				If using GF pasta	In Cheese can be served without							If using GF pasta
Spicy Mixed Meat Salad Box		In FlatBread												
Tuna pasta box		Can provide GF pasta		In Mayonnaise Can serve without		If using GF pasta	In Mayonnaise Can serve without		In Mayonnaise Can serve without					If using GF pasta
Chicken Caesar Salad Pasta box		Can provide GF pasta		In Caesar Dressing		If using GF pasta	In Caesar Dressing							If using GF pasta
Sweet Chilli Chicken Salad Box		In FlatBread												
Pulled Chicken Italian Pasta box		Can provide GF pasta				If using GF pasta	In Cheese can be served without							If using GF pasta
Savoury Cheese salad Box		In Flatbread		In Mayonnaise Can serve without			In Mayonnaise Can serve without		In Mayonnaise Can serve without					
Five Bean Salad		In Flatbread							In Bean Salad					

