**ALLERGEN LIST – MARCH 2018**

**Allergens in food served by our kitchen are marked with an ‘x’.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gluten | Milk | Soya | Eggs | Celery | Nuts | Sulphites | Mustard | Fish | Sesame |
| **Main Meals** |  |  |  |  |  |  |  |  |  |  |
| Battered Fish | x | x |  | x |  |  |  |  | x |  |
| Big Breakfast | x |  |  | x |  |  |  |  |  |  |
| Burger in a Bun | x |  |  |  |  |  |  |  |  |  |
| Catherine Wheels | x |  |  | x |  |  |  |  |  |  |
| Chicken and Ham Pie | x | x | x | x |  |  |  |  |  |  |
| Chicken and Sweetcorn Pasta Bake | x | x |  |  |  |  |  |  |  |  |
| Chicken Burger in a Bun | x | x |  | x |  |  |  |  |  |  |
| Chicken Nuggets | X |  |  | X |  |  |  |  |  |  |
| Chicken Korma |  | x |  |  |  |  | X | x |  |  |
| Chicken Tikka |  | x |  |  |  |  | x | x |  |  |
| Chinese Chicken |  |  |  |  |  |  |  |  |  | x |
| Cottage/Shepherds Pie |  | x | X |  | X |  |  |  |  |  |
| Fish Fingers | x |  |  |  |  |  |  |  | X |  |
| King Ina Fried Chicken | X |  |  |  |  |  |  |  |  |  |
| Macaroni Cheese | X | X |  |  |  |  |  |  |  |  |
| Meatballs, Pasta and Tomato Sauce | x |  |  |  | x |  | x | x |  |  |
| Nut Roast |  |  | x |  |  | x |  |  |  |  |
| Omelette |  | x |  | x |  |  |  |  |  |  |
| Pasta and Cheese Sauce | x | X |  |  |  |  |  |  |  |  |
| Pasta and Tomato Sauce | x |  |  |  | X |  | X |  |  |  |
| Pasta Bake | x |  |  |  | x |  | x |  |  |  |
| Pasta Bolognese | X | X | X |  | X |  |  |  |  |  |
| Pitta Bread Pizza | x |  |  |  |  |  |  |  |  |  |
| Pizza | X | X |  |  |  |  |  |  |  |  |
| Pulled Pork in a Bun | x |  | x |  |  |  |  |  |  |  |
| Quorn Balls and tomato sauce | x | x |  | x |  |  | x | x |  |  |
| Quorn Bolognese | x | x |  | x | x |  | x |  |  |  |
| Quorn Cottage/Shepherds Pie | x | X |  | x | x |  | x |  |  |  |
| Quorn Korma |  | x |  | x | x |  | x | x |  |  |
| Quorn Sausages | x | x |  | x |  |  |  |  |  |  |
| Quorn and Veg Curry |  |  |  |  | x |  | x | x |  |  |
| Quorn Wheels | x | x |  | x | x |  |  |  |  |  |
| Salmon |  |  |  |  |  |  |  |  | x |  |
| Salmon Fish Fingers | x |  |  |  |  |  |  |  | x |  |
| Sausages | x | x | x |  |  |  |  |  |  |  |
| Spanish Chicken |  |  |  |  | x |  | x |  |  |  |
| Spanish Quorn |  |  |  | x | x |  | x |  |  |  |
| Sweet & Sour Pork Meatballs | x |  |  |  |  |  |  |  |  |  |
| Sweet & Sour Quorn Balls | x |  |  | x |  |  |  |  |  |  |
| Vegi Breakfast | x |  |  | x |  |  |  |  |  |  |
| Vegi Burger | x | x |  |  |  |  |  |  |  |  |
| Vegi Nuggets | x | x |  |  |  |  |  |  |  |  |
| Vegetable Pie | x | x | x | x |  |  |  |  |  |  |
| Vegi Stir Fry |  |  |  |  |  |  |  |  |  | x |
| ***Sides*** |  |  |  |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | X |  |  |  |  |  |  |
| Hash Browns | x | x |  |  |  |  |  |  |  |  |
| Naan Bread | X | x |  |  |  |  |  |  |  |  |
| Noodles | X |  |  | X |  |  |  |  |  |  |
|  | Gluten | Milk | Soya | Eggs | Celery | Nuts | Sulphites | Mustard | Fish | Sesame |
| Pasta Hoops | X |  |  |  |  |  |  |  |  |  |
| Pitta Bread | x |  |  |  |  |  |  |  |  |  |
| Seasoned Wedges/Curly Fries | x |  |  |  |  |  |  |  |  |  |
| Tomato Sauce |  |  |  |  | x |  | x |  |  |  |
| Yorkshire Pudding | X | X |  | X |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| ***Desserts*** |  |  |  |  |  |  |  |  |  |  |
| Angel Delight |  | X |  |  |  |  |  |  |  |  |
| Cookie | X | X |  |  |  |  |  |  |  |  |
| Ice Cream |  | X | X |  |  |  |  |  |  |  |
| Jelly |  |  |  |  |  |  | x |  |  |  |
| Muffins | X |  |  | X |  |  |  |  |  |  |
| Strawberry Mousse |  | X |  |  |  |  |  |  |  |  |
| Yogurt |  | x |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |