

ALLERGEN LIST

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		x						
Burger in a Bun	x									
Mackerel									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, Cheese and Potato Pie, Cauliflower And Broccoli Bake	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								
<i>Fruit cake</i>	x	x		x						