Dairy free/Gluten free available

ALLERGEN INFORMATION – AUTUMN 2021

Dish	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sweetcorn Macaroni Cheese (df/gf)	x						x							
HM Pineapple Upside Down Cake (df/gf)	x		x				x							
CM Meatballs (df/)	x													
Lentil & Mixed Bean Cassoulet (gf)														
HM Apple & Rhubarb Crumble (df/gf)	x						x							
CM Roast Pork (df/gf)														
HM Sweet Potatoes Fajitas df	x													
Vanilla Ice Cream Peaches (gf)			x				x							
CM Sausage Roll (gf)	x													
HM Quorn Sausage Roll (gf)	x						x							
HM Sticky Gingerbread gf/df)	x		x				x							
DL Salmon Fishcake (df/)	x			x			x							
Roasted Vegetable Cous Cous (df)	x													
HM Muesli Crunch (df)	x											x		
HM Fajita Pasta Bake (df/gf)	x						x							
HM Banana & Choc Chip Bar (df/gf)	x		x				x							
CM Chicken Thigh (df/gf)														
CM Roasted Turkey (df/gf)														
Stuffing (df/gf)	x													
CM Bolognaise Sauce (g/f)														
Pasta (/gf)	x													
Garlic Bread (gf/df)	x													
DL Fish Fingers (df/gf)	x			x										
Veggie Cake	x						x							
HM Chocolate Cherry Cake (df/gf)	x		x				x					x		
HM Cheese & Tomato Pizza	x						x							
HM Sticky Toffee Pudding (gf/df)	x		x				x							
CM Beef Burger (df)	x						x							
Quorn Burger	x						x							
HM Chocolate Drop Cookie (gf/df)	x						x					x		
CM Roasted Gammon (gf/df)														
HM Sweet Potato & Lentil Stew (gf/df)	x		x				x							
Banana & Ice Cream							x							
CM Sweet & Sour Chicken														
Quorn Sweet & Sour Chicken	x													
Amity Fish Co. Deluxe Cod Dogs (df)	x			x										
HM Cheese & Onion Quiche (gf/df)							x							
HM Lemon & Poppy Seed (gf/df)	x						x					x		
Bread (df/gf)														
Chips	x						x							
Fruit														
Baked Beans							x							
Apple Juice														
Ketchup														