Dairy free/Gluten free available

ALLERGEN INFORMATION – Summer Term 2023

Dish	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Summer Vegetable Carbonara (df/gf) v	x						x							
Apricot Flapjack (df/gf)	x											x		
CM Beef Burger (df/gf)	x													
Sweet Potato Burger (df/gf)														
Blueberry Muffin Traybake (df/gf)	x		x											
CM Roasted Pork														
Spinach & Red Pepper Quiche (df/gf)	x		x											
Frozen Mango Smoothie							x							
CM Beef Spaghetti Bolognese (gf)	x													
Veggie Spaghetti Bolognese (gf)	x													
HM Apple Strudel Cake (gf)	x													
DL Fishfingers (gf)	x			x										
Roasted Vegetable Tart (gf)	x													
HM Raspberry Cranachan	x						x							
Tomato, Mozzarella, Basil Pizza (df/gf)	x						x							
HM Summer Berry Sponge (df/gf)	x		x											
CM Chicken Fillet														
Falafel Bites (df/gf)	x													
CM Roast Beef														
HM Broccoli & Pea Fritters (df)														
Westcountry Crackers, Cheddar (df/gf)							x							
CM Sausage Roll	x						x					x		
Vegan Sausage Roll (df/gf)	x													
HM Spiced Sweet Potato Cake (df/gf)	x													
DL Salmon Fish Cake	x			x										
Tricoloure Vegetable Fries/Salsa														
Frozen Strawberry Icecream Roll	x		x				x							
HM Macaroni Cheese (df/gf)	x													
Roasted Peaches & Honey														
Greek Yoghurt							x							
CM Pork Sausage (df/gf)	x						x					x		
Vegan Sausage (df)	x													
HM Potato Salad														
HM Cherry & Coconut Cornflake Crunch (df/gf)	x						x					x		
CM Roasted Gammon														
HM Cheese & Pineapple Muffin	x						x							
HM Gammon & Cheese Ploughmans	x						x							
Bread	x													
Fresh Fruit Platter														
Crackers	x													
HM Lemon Fork Cookie														
Amity Fish Co. Deluxe Cod Dogs	x			x										
Veggie Cake	x													
Orange Jelly with Mandarins														
Sweetcorn														
Chips														
Peas														
Baked Beans														