

Main Course - Lent 2025-Week 2	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya		Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide		
Meatballs in Tomato/Basil sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Meatballs in Tomato/Basil sauce	gluten	gluten														
Cumberland Sausages	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Cumberland Sausages	gluten sulphur	gluten												sesame	sulphur	
Beef Burger/bun	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Beef Burger/bun	gluten sesame	gluten														
Chicken Goujons	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Chicken Goujons	gluten	gluten														
Barbeque Chick/Veg Fajitas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Barbeque Chick/Veg Fajitas	gluten fish	gluten			fish											
Chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Chips																
Sour Cream	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Sour Cream	milk						milk									
Spaghetti	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Spaghetti	gluten soya	gluten												soya		
Garlic Bread	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Garlic Bread	gluten sesame	gluten											sesame			
Fondant Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Fondant Potatoes																
Cauliflower	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Cauliflower	eggs milk			eggs			milk									
Peas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Peas																
Gravy	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Gravy																
Baked Beans	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Baked Beans																
Garlic Mayo	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	Garlic Mayo	mustard								mustard							
Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Rice																
Curly Fries	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Curly Fries	gluten	gluten														
Mixed Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Mixed Salad																
Jacket Pot/Cheese/Tuna/Baked Bean	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	Jacket Pot/Cheese/Tuna/Baked Bean	eggs fish milk			eggs	fish		milk									
Fondant Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	Fondant Potatoes	soya													soya		
VEGETARIAN																															
Pepper/Onion/M,Room Pizza	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Pepper/Onion/M,Room Pizza	gluten	gluten														
Quorn Balls in Tomato/Basil Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	WHEAT/BARLEY	NO	Quorn Balls in Tomato/Basil Sauce	gluten	gluten														
Quorn Sausages	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Quorn Sausages	gluten	gluten														
Chilli Ratatouille	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Chilli Ratatouille	eggs			eggs												
Quorn Dippers	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	Quorn Dippers	gluten	gluten														
<p>All allergy information is for actual ingredients present in product at time of sale</p> <p>If in doubt about your allergies and a dish you have eaten before please ensure you have asked staff if they have made product substitutions and check the list above for manual updates</p> <p>Whilst we take the issue of food allergies and intolerances seriously all dishes are prepared in one catering environment. Therefore with the exception of all nut dishes, which are banned, any food items may contain traces of the allergens listed and other allergens we are not required to declare.</p> <p>**Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut</p>																															