Main Course Wk 1 Lent 2025	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Cumberland Sausages	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chicken/Ham Carbonara	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	MAY	NO	YES	NO
Roast Gammon	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Beef Lasagne	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	NO	NO	YES	NO
Fish Fingers	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Seasoned New Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	ENQUIRE	NO
Mixed Vegetables	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Gravy	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Side Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Ciabatta	NO	NO	NO	NO	MAY	MAY	NO	MAY	NO	MAY	MAY	NO	WHEAT/BARL	MAY
Roast Potatoes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Broccoli	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Carrot Batons	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Caesar Salad	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
Garlic Bread	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	MAY
Chunky Chips	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Baked Beans	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
VEGETARIAN														
Vegetarian Sausages	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	YES	NO
Mushroom/Courgette Carbonara	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	MAY	NO	YES	NO
Quorn Fillets	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Quorn Mince Lasagne	NO	NO	NO	NO	YES	NO	NO	NO	NO	MAY	NO	NO	YES/BARLEY	NO
Quorn Dippers	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
			All allergy information is for actual ingredients present in product at time of sale											

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

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.

**Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut