

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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- Adults need around 2000 kcal a day

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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Vegetarian Bolognese (383 kcal,1602 kJ)		✓ Wheat											✓	
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														

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Chicken Masala Naan Bowl (345 kcal, 1443 kJ)		✓ Wheat					✓		✓					
Buffalo Chicken (193 kcal, 808 kJ)														
Roasted Rainbow Bowl (478 kcal, 2000 kJ)		✓ Wheat					✓					✓		
Ranch Dressing AW22 (18 kcal, 75 kJ)		✓ Barley		✓			✓		✓					
Crispy Spiced Potatoes (148 kcal, 619 kJ)									✓					
Mixed Salad (17 kcal, 71 kJ)														

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Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC

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Mandarin BBQ Pork (125 kcal,523 kJ)		✓ Wheat										✓	✓	
Roast Turkey Breast (85 kcal,356 kJ)														
Sweet Chilli & Garlic Plant Noodles (525 kcal,2197 kJ)		✓ Wheat		✓									✓	
Gravy (11 kcal,46 kJ)														
Vegetable Egg Fried Rice (211 kcal,883 kJ)		✓ Wheat		✓			✓						✓	
Roast Potatoes (127 kcal,531 kJ)														
Cabbage (18 kcal,75 kJ)														
Carrots (18 kcal,75 kJ)														

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Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Tuna and Cheese Melt Panini (393 kcal,1644 kJ)		MC Barley ✓ Wheat			✓		✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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Wholemeal Loaf (142 kcal, 594 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Pasta Beef Bolognese (349 kcal, 1460 kJ)		✓ Wheat												
Trattoria 14 Margherita Stone Bake Pizza (283 kcal, 1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal, 1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal, 1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal, 1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal, 218 kJ)														
LEEK AND POTATO SOUP (72 kcal, 301 kJ)														
Pea & Mint Soup (87 kcal, 364 kJ)														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sriracha-glazed Chicken Burger, Pickled Cabbage, Lime Mayonnaise (329 kcal, 1377 kJ)		✓ Barley ✓ Wheat		✓					✓			MC		✓
Chilli Con Carne (140 kcal, 586 kJ)														
PlantBall Marinara Melt (209 kcal, 874 kJ)							✓							
Chipotle Wedges Half Portion (59 kcal, 247 kJ)														
Rice 1/2 Wholegrain (228 kcal, 954 kJ)														
Salad Sweetcorn (62 kcal, 259 kJ)														

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal, 1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Panini (378 kcal, 1582 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal, 1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
Wholemeal Loaf (142 kcal, 594 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Breaded Fish (255 kcal,1067 kJ)		✓ Wheat			✓									
Breaded Fishwich (354 kcal,1481 kJ)		✓ Wheat		✓	✓		✓					MC		
Vegtarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC
Chips (177 kcal,741 kJ)														
Baked Beans (57 kcal,238 kJ)														
Peas (56 kcal,234 kJ)														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Roasted Indian Chickpea Salad (145 kcal,607 kJ)														✓

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
LEEK AND POTATO SOUP (72 kcal,301 kJ)														
Pea & Mint Soup (87 kcal,364 kJ)														

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BBQ Beef Meatballs (226 kcal,946 kJ)		✓ Wheat											✓	✓
Chipotle Chicken Slider (257 kcal,1075 kJ)		✓ Wheat		✓								MC		
Cauliflower Mac 'n' Cheese (403 kcal,1686 kJ)		✓ Barley ✓ Wheat					✓		✓					
Margherita Pizza PinWheel (169 kcal,707 kJ)		✓ Wheat					✓							
Pasta Wholemeal (216 kcal,904 kJ)		✓ Wheat												
Garlic and Herb Wedges Half Portion (61 kcal,255 kJ)														
Apple Slaw (52 kcal,218 kJ)							✓							
Peas (56 kcal,234 kJ)														

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal, 1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal, 1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal, 1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal, 1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal, 1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal, 1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Panini (378 kcal, 1582 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal, 1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Loaf (142 kcal, 594 kJ)		✓ Wheat												

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Vegetarian Bolognaise (383 kcal, 1602 kJ)		✓ Wheat											✓	
Trattoria 14 Margherita Stone Bake Pizza (283 kcal, 1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal, 1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal, 1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal, 1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal, 218 kJ)														

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Crispy Katsu Fish (331 kcal, 1385 kJ)		✓ Wheat			✓				✓				✓	
Traditional Beef Lasagne (409 kcal, 1711 kJ)		✓ Wheat		MC			✓							
Chartwells Vegan Chilli (205 kcal, 858 kJ)	✓	✓ Wheat							MC				✓	
Rice 1/2 Wholegrain (228 kcal, 954 kJ)														
Margherita Pizza PinWheel (169 kcal, 707 kJ)		✓ Wheat					✓							
Peas (56 kcal, 234 kJ)														
Mixed Salad (17 kcal, 71 kJ)														

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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ALLERGEN CARD

Recipe	Allergens													
														
Wholemeal Loaf (142 kcal, 594 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Chicken Mash (387 kcal,1619 kJ)							✓							
Roast Pork Loin - 'Sauce and Stuffing'		✓ Wheat												
Beetroot & Feta Burger V2 (385 kcal,1611 kJ)		✓ Wheat					✓		MC			MC		
Gravy (11 kcal,46 kJ)														
Garlic and Herb Wedges Half Portion (61 kcal,255 kJ)														
Roast Potatoes (127 kcal,531 kJ)														
Apple Slaw (52 kcal,218 kJ)							✓							
Peas (56 kcal,234 kJ)														

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Tuna and Cheese Melt Panini (393 kcal,1644 kJ)		MC Barley ✓ Wheat			✓		✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Fruit Flapjack (141 kcal,590 kJ)		MC Barley ✓ Oats MC Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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- Adults need around 2000 kcal a day

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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Recipe	Allergens													
														
Wholemeal Loaf (142 kcal, 594 kJ)	Celery	Cereals With Gluten ✓ Wheat	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jacket with Baked Beans (209 kcal, 874 kJ)														
Tuna Mayonnaise Jacket Potato (252 kcal, 1054 kJ)				✓	✓									
Jacket Potato with Cheese (354 kcal, 1481 kJ)							✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Herby Tomato Pasta (406 kcal,1699 kJ)		✓ Wheat					✓							
Trattoria 14 Margherita Stone Bake Pizza (283 kcal,1184 kJ)		✓ Wheat		MC			✓							
Trattoria Veggie Hot One Stone Bake Pizza (287 kcal,1201 kJ)		✓ Wheat		MC			✓							
Trattoria Hawaiian Stone Bake Pizza (300 kcal,1255 kJ)		✓ Wheat		MC			✓							
Love Joes Mexican Chicken Burrito SEC (346 kcal,1448 kJ)		✓ Wheat												
TOMATO AND BASIL SOUP (52 kcal,218 kJ)														
Cheese & Onion Pasty (225 kcal,941 kJ)		✓ Wheat					✓							
Vegitarian Sausage Roll (473 kcal,1979 kJ)		✓ Wheat					MC							MC

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
The Sausage Dog (355 kcal, 1485 kJ)	✓	✓ Barley ✓ Wheat							✓			MC	✓	✓
Breaded Fishwich (354 kcal, 1481 kJ)		✓ Wheat		✓	✓		✓					MC		
The Veggie Dog (244 kcal, 1021 kJ)	✓	✓ Barley ✓ Wheat							✓			MC		
Chips (177 kcal, 741 kJ)														
Baked Beans (57 kcal, 238 kJ)														
Peas (56 kcal, 234 kJ)														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Cheese Sandwich on White (384 kcal,1607 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich White (441 kcal,1845 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on White (419 kcal,1753 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese Sandwich On Brown (365 kcal,1527 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Cheese And Ham Sandwich Brown (422 kcal,1766 kJ)		MC Barley ✓ Wheat					✓					MC	✓	
Chicken Mayonnaise Sandwich on Brown (400 kcal,1674 kJ)		MC Barley ✓ Wheat		✓			✓					MC	✓	
Cheese and Tomato Sauce Panini (392 kcal,1640 kJ)		MC Barley ✓ Wheat					✓							
Ham Baguette on White (449 kcal,1879 kJ)		MC Barley ✓ Wheat					✓					MC		
Cheese and Tomato Baguette on Brown		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Ham Baguette on Brown (424 kcal, 1774 kJ)		✓ Barley MC Oats ✓ Rye ✓ Wheat					✓							
Tuna Crunch Wrap (328 kcal, 1372 kJ)		✓ Wheat		✓	✓									
Crunchy Pepper and Houmous Wrap (425 kcal, 1778 kJ)		✓ Wheat										✓		

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Pancake Reduced Sugar (77 kcal,322 kJ)		✓ Wheat		MC			MC							
Baked Doughnut (144 kcal,602 kJ)		✓ Wheat		✓			✓							
Sweet Waffle (187 kcal,782 kJ)		✓ Wheat		✓			✓						✓	
Shortbread (186 kcal,778 kJ)		✓ Wheat												
Oatie Cookies (182 kcal,761 kJ)		MC Barley ✓ Oats ✓ Wheat												
Beetroot Brownie (195 kcal,816 kJ)		✓ Wheat		✓			MC						MC	
Raspberry Yoghurt Flapjack Muffin (178 kcal,745 kJ)		MC Barley ✓ Oats ✓ Wheat		✓			✓						MC	
Lemon Drizzle Muffins		✓ Wheat		✓			✓						MC	
Blueberry Muffin (222 kcal,929 kJ)		✓ Wheat		✓			✓						MC	
Peaches with Homemade Granola and Yoghurt (225 kcal,941 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓
Berry, Granola & Yoghurt (213 kcal,891 kJ)		MC Barley ✓ Oats MC Wheat					✓							✓

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White Grape Pot (66 kcal,276 kJ)														
Pineapple Pot (37 kcal,155 kJ)														
Apple Crumble Layer Pot (166 kcal,695 kJ)		MC Barley ✓ Oats ✓ Wheat					✓							
Banoffee Pie (125 kcal,523 kJ)		MC Barley MC Oats MC Rye ✓ Wheat					✓							
Courgette, Apple & Cinnamon Bake (136 kcal,569 kJ)		✓ Wheat												
Frozen Strawberry Yoghurt (129 kcal,540 kJ)							✓							
Frozen Mango Yoghurt (113 kcal,473 kJ)							✓							
Ice Cream Box Chocolate (139 kcal,582 kJ)							✓							
Ice Cream Box Strawberry (118 kcal,494 kJ)							✓							
Ice Cream Box Vanilla (115 kcal,481 kJ)							✓							

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Tuna and Sweetcorn Pasta Salad (366 kcal,1531 kJ)		✓ Wheat		✓	✓									
Green Pea Pesto Pasta (549 kcal,2297 kJ)		✓ Wheat					✓						✓	
Sweet Chilli Chicken Noodle Salad (509 kcal,2130 kJ)		✓ Wheat		✓									✓	

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