

**ALLERGEN SHEET**

| **Menu Item** | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses | Food Allergens awarness or management training courses |
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| Tomato & Basil Pasta Bake Garlic Bread.  | x | x |  | x |  |  | x |  |  |  |  |  | x |  |
| Roast lemon Chicken potato Yorkshire pudding peas gravy / vegetarian pie |  | x |  | x |  |  | x |  |  |  |  |  | x |  |
| Falafel, Wrap, Nachos.  |  | x |  |  |  |  |  |  |  |  |  |  |  | x |
| SF Chicken Strips with Potato Rostis. | x | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Vegan Nuggets with Potato Rostis.  |  | x |  |  |  |  |  |  | x |  |  |  | x |  |
| Chicken Tikka Masala with Rice & Naan Bread. |  | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Dail Curry with Rice & Naan Bread.  | x | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Cheese & Tomato Pizza, Chips & Sweetcorn. |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Mac & Cheese, Garlic Bread. | x | x |  |  |  |  | x |  | x |  |  |  |  |  |
| Chicken Cajan kebab, Wrap & Nachos. | x | x |  |  |  |  |  |  | x |  |  |  | x |  |
| Falafel Kebab, Wrap & Nachos. | x | x |  | x |  |  |  |  | x |  |  |  | x |  |
| Chickpea & Spinach Pilau, Naan Bread. | x | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Beef Pasta Bolognaise, Garlic bread | x | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Potato & Spinach Curry, Rice Naan Bread. |  | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Roast veg pasta bake & Garlic bread | x | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Vegetarian bean Burger & Chips. |  | x |  |  |  |  |  |  |  |  |  | M/C |  |  |
| Mince beef & Potato pie, green beans & Yorkshire Pudding, gravy. / Vegetarian Pie. | x | x |  | x |  |  | x |  |  |  |  |  | x |  |
| Southern Fried Chicken Burger & Chips. | x | x |  |  |  |  |  |  |  |  |  | M/C | x |  |
| Chicken Goujou, Chinese Fried Rice, Prawn Crackers & Chinese Curry Sauce. / Spring roll | x | x | x | x |  |  |  |  | x |  |  | x | x | x |
| Omelette, Chips & Salad |  |  |  | x |  |  | x |  |  |  |  |  | x |  |
| Creamy Chicken & pea pasta, Garlic bread. | x | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Chicken Tikka Strips, Bombay Potatoes, Peas & Sweetcorn. |  | x |  |  |  |  | x |  | x |  |  |  |  |  |
| Onion Bhaji, Bombay Potatoes, Peas & Sweetcorn. | x | x |  |  |  |  |  |  | x |  |  | x | x |  |
| Leek & Peas Pasta Garlic bread. |  | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Jacket Potato, Cheese, Beans, Tuna Mayo |  |  |  | x | x |  | x |  |  |  |  |  | x |  |
|  Fishless fish Finger mayo wrap. |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Chicken Tikka Panini.  |  | x |  |  |  |  | x |  | x |  |  | M/C | M/C |  |
| Cajan Chicken Wrap & Sriracha Mayo. | x | x |  |  |  |  | x |  | x |  |  |  | x |  |
| Cheese & Tomato Panini. |  | x |  |  |  |  | x |  | x |  |  | M/C | M/C |  |
| Egg & cheese wrap. |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Fishfinger mayo wrap. |  | x |  | x | x |  |  |  |  |  |  |  |  |  |
| waffles |  | x |  | x |  |  | x |  |  |  |  |  |  | x |
| Choc Ice.  |  |  |  | x |  |  | x |  |  | M/C |  |  |  |  |
| Ice Cream. |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Flapjack. |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot cake  |  | x |  | x |  |  | x |  |  |  |  |  | X | x |
| Cheese on Toast. |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Toast. |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Crumpets. |  | x |  | M/C |  |  | M/C |  |  |  |  | M/C | M/C |  |
| Bagels. |  | x |  |  |  |  | x |  |  |  |  | M/C |  |  |
| Chocolate Éclair. |  | x |  | x |  |  | x |  |  | M/C |  |  |  | x |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| cheesecake |  | x |  | x |  |  | x |  |  |  |  |  |  | x |
| Short Bread. |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Choc Chip Muffins. |  | x |  | x |  |  | x |  |  |  |  | M/C | x |  |
| Sponge/marble Cake. |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Muffin.  |  | x |  | x |  |  | x |  |  | M/C |  |  |  |  |
| Tea Cakes |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Brownie |  | x |  | x |  |  | x |  |  |  |  |  | x |  |
| jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cornflake tart |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
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