**Allergen Sheet**

 **m/c = may contain**

| **Menu Item** | **Celery** | **Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame** | **Soya** | **Sulphur Dioxide** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mexican rice, tortilla chips and mixed salad. |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| Chicken tikka, kebab wrap salad and nachos |  | ✔ |  |  |  |  |  |  | ✔ |  |  |  | ✔ |  |
| *Chicken tikka masala with rice and naan bread* |  | x |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chicken and Spinach curry, rice, naan bread. |  | ✔ |  |  |  |  | x |  |  |  |  |  | ✔ |  |
| SF Chicken strips with potato rostis.  |  | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  |  |  |
| SF Chicken wrap, Bombay potatoes served with mixed salad |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| *Chicken Pilau, Naan bread, raitha* |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| *Pizza, chips, peas and sweetcorn beans (v)* |  | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  |  |  |
| Meatballs in tomato sauce with pasta and garlic bread |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ | ✔ |
| Quorn chicken wrap |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| *Veg Mexican burrito* |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| Veg sausage sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  | ✔ |  |
| *Veg curry* |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| *SF Veg Burger* |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  | m/c | ✔ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macaroni Cheese | ✔ | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Hot and spicy chicken burger with potato rostis and salad |  | x |  |  |  |  |  |  |  |  |  | x |  |  |
| Chinese chicken fried rice and prawn crackers |  |  | x |  |  |  |  |  |  |  |  | x | x | x |
| Beef chilli con carne with rice and a wrap |  | x |  |  |  |  |  |  | x |  |  |  |  |  |
| Chicken tikka strips with bombay potatoes peas and sweetcorn |  | x |  |  |  |  | x |  | x |  |  |  |  |  |
| Fish finger butty with chips and peas |  | x |  |  | x |  |  |  |  |  |  | x |  |  |
| Cheese onion pastie |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Beef burger with cheese, chip |  | x |  |  |  |  |  |  |  |  |  | x | x | x |
| Beef pasta bolognaise with garlic bread |  | x |  |  |  |  | x |  |  |  |  |  | x |  |
| *SF Veg Burger* |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| *Chickpea pilau* |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| *Falafel Kebab* | ✔ | ✔ |  | ✔ |  |  |  |  | ✔ |  |  |  | ✔ |  |
| *Chicken and cheese panini* |  | ✔ |  |  |  |  | ✔ |  |  | m/c |  |  | ✔ |  |
| Cheese and tomato panini |  | ✔ |  |  |  |  | ✔ |  |  | m/c |  |  | ✔ |  |
| Jacket potato, with cheese and beans |  |  |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Tuna mayo sandwich |  | ✔ |  | ✔ | ✔ |  |  |  |  |  |  |  |  |  |
| Chicken mayo sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Egg mayo sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Cheese sandwich |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Chicken tikka salad sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Cheese and onion sandwich |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Tuna salad sandwich |  | ✔ |  | ✔ | ✔ |  |  |  |  |  |  |  |  |  |
| Muffin  |  | ✔ |  | ✔ |  |  | ✔ |  |  | m/c |  |  |  |  |
| Oat Biscuits |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Brownie |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Cookies |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Choc ice  |  |  |  | ✔ |  |  | ✔ |  |  | m/c |  |  |  |  |
| Ice cream |  |  |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Flapjack |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Blondie |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Cheese on toast |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Toast |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Crumpets |  | ✔ |  | m/c |  |  | m/c |  |  |  |  | m/c | m/c |  |
| Bagels |  | ✔ |  |  |  |  | ✔ |  |  |  |  | m/c |  |  |
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