























Category	Dish / Side / Accompaniment	Celery	Cereals Containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts [†]	Peanuts	Sesame Seeds	Soya	Sulphites
Accompaniment	Assorted Vegetable Sides														
Accompaniment	Balsamic Glaze														Sulphites
Accompaniment	Balsamic Vinegarette									Mustard					Sulphites
Accompaniment	Chipotle Mayo (Quesadillas)				Eggs			Milk		Mustard					Sulphites
Accompaniment	Coconut Yogurt (Toppings/Drizzle)														
Accompaniment	Greek Yogurt (Toppings/Drizzle)							Milk							
Accompaniment	Herb Mayo (Vegan Quesadillas)														
Accompaniment	Mango Chutney														
Accompaniment	Raita/Mint Yogurt/Mint cucumber yogurt (Tandoori Salmon/Za'atar Chicken/Mango Chicken/Kofta)							Milk							
Accompaniment	Red Onion Chutney (Sandwiches / Pork Pie / Platters / Cheeseboard)														Sulphites
Accompaniment	Side Salad (no dressing)														
Accompaniment	Sour Cream (Quesadillas / Chilli / Cajun Stew)							Milk							
Accompaniment	Sweet Chilli Sauce (Vegan Quesadillas)														
Breads	10" Gluten Free Tortilla Wraps (wraps)		Wheat												
Breads	12" tortilla wraps (wraps / afternoon tea)		Wheat												
Breads	6" Gluten Free Tortilla Wraps (quesadillas / tostadas)														
Breads	6" tortilla wraps (quesadillas / tostadas)		Wheat												
Breads	Ciabatta Rolls		Wheat												























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Breads	Gluten Free Brown Seeded Ciabatta Rolls					Soya
Breads	Gluten Free Multigrain Loaf (Olives / soup of the day / sandwiches / platters)					
Breads	Malted Harvester Bloomer Bread	Wheat Barley				Soya
Breads	Pitta Bread (Olives/Plant Platter/Crudites)	Wheat				
Breads	Rye & Caraway Bloomer	Rye Wheat				Soya
Breads	Traditional Latvian Rye Bread	Rye Wheat				Soya
Breads	White Khobez Breads	Wheat				
Breads	White Poppy Seed Bloomer	Wheat				Soya
Breads	White Sourdough	Wheat				Soya
Cheeseboard	Cheeseboard	Wheat		Milk		
Dogs	Doggie Sausages	Wheat				
Dogs	Scrambled Eggs		Eggs			
Kids	Chicken Goujons, Chips and Beans or Salad				Mustard (Salad Dressing Only)	
Kids	Mascarpone Pasta, Salad and Bread Celery	Wheat		Milk	Mustard (Salad Dressing Only)	
Kids	Vegetable Fingers Chips and Beans or Salad	Wheat			Mustard (Salad Dressing Only)	
Mains	Cajun Vegetable Stew (VEO GFO) Celery (VeO using dairy free yogurt GFO using GF bread)	Wheat (Ciabatta only)		Milk (Topping Only)		Soya
Mains	Chorizo & Bacon Cajun Stew (VEO GFO) (VeO using dairy free yogurt GFO using GF bread)	Wheat (Ciabatta only)		Milk (Topping Only)		Soya
Mains	Curried Cauliflower Flatbread	Wheat				
Mains	Curried Chicken Flatbread	Wheat				























Marcia				*1							
Marie Control	Mains										Sulphites
Maria	Mains		Wi	neat		Milk					Sulphites
Marke	Mains	Quesadillas - Cheese + Bean (V)	Wi	neat		Milk					Sulphites
Mails Casedillas Carloro i Racon Wheet Wheet (29) & Eascord Carlor Member	Mains	Quesadillas - Cheese + Bean (Ve)	Wi	neat							Sulphites
Pers Open S de Werke Pe (GF) & seasonal oppositables (GF) Pers Open S de Seasonal Open S	Mains	Quesadillas - Chicken	Wi	neat		Milk					Sulphites
Net of Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie & seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie W (GF) R. seasonal wagetables (GF) Pies Special Wagetables (GF) Pies Special Wagetables (GF) Pies Chicken - Leef Multimore Pie W (GF) R. seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie W (GF) R. seasonal wagetables (GF) Pies Chicken - Leef Multimore Pie W (GF) R. seasonal wagetables (GF) Pies Wagetables Pie W (GF) R. seasonal waget	Mains	Quesadillas - Chorizo + Bacon	Wi	neat		Milk					Sulphites
Per Chicken v Whee Whee Pie S seasonal vegetables (GF) Per Uarb in Coder Pie S seasonal vegetables Per Mantand in Bean Per (Ve GF) S seasonal vegetables Per Sheek Sheek Seasonal vegetables (GF) Per Sheek She	Pies										Sulphites
Pies Lamb in Cider Pie & seasonal vegetables Celery Suphites Mustard Suphites Suphites Pies Suphites S	Pies					Milk					
Pies Medican Chilli Bean Pe (Ve GF) & seasonal vegetables Celery Sulphites Sulphit	Pies					Milk					Sulphites
Pies Shepherd's Pie & seasonal vegetables (GF) Pies Shepherd's Pie & seasonal vegetables (GF) Pies Shepherd's Pie & seasonal vegetables (GF) Pies Verison Cottage Pie & seasonal vegetables (GF) Pies Wobbly Lamb Pie (Lamb in Ale) & seasonal vegetables (GF) Pies Wobbly Lamb Pie (Lamb in Ale) & seasonal vegetables (GF) Pies Wobbly Lamb Pie (Lamb in Ale) & seasonal vegetables (GF) Pieter Pieter Pieter Pieter The Dairy Board (GFO) of vivide of liveral united and refer for liveral united and refer fo	Pies	Lamb in Cider Pie & seasonal vegetables					Mustard				Sulphites
Pies Spiced Vegetable Pie (Ve GF) & seasonal vegetables (GF)	Pies		Celery							Soya	
Pies Venbon Cottage Pie & seasonal vegetables (GF) Milk Pies Wobbly Lamb Pie (Lamb in Ale) & seasonal wegetables (GF) Fish (Anchovies) Sulphites Platter Best of British Platter Wheat Eggs Milk Mustard Sesame Soya Sulphites Platter Wheat Milk Sesame Soya Sulphites Platter The Dairy Board (GFO) Gruing GF bread The Dairy Board (GFO) Gruing GF bread The Platter (GFO) Gruing GF bread Sandwiches Barley (If Barley (If Barley GF) Gruing GF bread (GFO) GF used GF bread (GFO) GF used GF bread Checked As Continon Chuttery S/W Salphites Sandwiches Sand	Pies	Shepherd's Pie & seasonal vegetables (GF)				Milk					Sulphites
Ples Wobbly Lamb Pie (Lamb in Ale) & seasonal vegetables Barely Fish (Anchovies) Platter Best of British Platter Wheat Eggs Milk Mustard Sesame Soya Sulphites Platter The Dairy Board (GFO) GF using GF bread Wheat Meat To bread in used and refer to bread in used and refer to bread in Section be dead in Ground and refer to bread in used and refer to bread in used and refer to bread in Sesame Sulphites Platter Wheat Barley (if Sesame Sesame Sulphites Sandwiches Bardey (if Eggs Milk Mustard Cheddar & Onloin Chuttney S/W Bardey (if Eggs Milk Mustard Cheddar & Onloin Chuttney S/W Bardey (if Eggs Milk Mustard Cheddar & Onloin Chuttney S/W Bardey (if Eggs Milk Mustard Cheddar & Onloin Chuttney S/W Bardey (if Eggs Milk Mustard Cheddar & Onloin Chuttney S/W Bardey (if Eggs Milk Mustard	Pies	Spiced Vegetable Pie (Ve GF) & seasonal vegetables	Celery							Soya	
Platter Best of British Platter Wheat Eggs Milk Mustard Sesame Soya Sulphites Platter District Ground and fred to borned is used and refer to borned is used and refer to borned is used and refer to borned in the plant platter (GFO) GF using GF bread Wheat Barley (if Barley	Pies	Venison Cottage Pie & seasonal vegetables (GF)				Milk					Sulphites
Platter [based on standard bread, exclude wheat if GF bread is used and refer to bread is used and ref	Pies		Ва	rely							Sulphites
Wheat Whea	Platter	Best of British Platter	WI	neat	Eggs	Milk	Mustard	:	Sesame	Soya	Sulphites
The Plant Platter (GFO) Ge using GF bread Barley (if function of section for details) Sandwiches Sulphites	Platter (based on standard bread, exclude wheat if GF bread is used and refer to bread section for details)	The Dairy Board (GFO) GF using GF bread	WI	neat		Milk		:	Sesame		Sulphites
Sanowindersels Productions Broad on student for Broads is used and refer to broads it. Used and refer t	Platter (based on standard pitta, exclude wheat if GF bread is used and refer to breads section for details)		Barl	ey (if					Sesame		
	Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to bread section for details)	E Cheddar & Onion Chutney S/W	Barl	ey (if	Eggs	Milk	Mustard				Sulphites

Updated: 2nd December 2024

Updated by: Amy White (Kitchen Manager)























Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Cheddar S/W	Wheat Barley (if harvester)	Eggs	Milk	Mustard			
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Falafel & Houmous S/W	Wheat Barley (if harvester)				Sesame		
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	Ham & Cheddar S/W	Wheat Barley (if harvester)	Eggs	Milk	Mustard			
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Ham & Mustard S/W	Wheat Barley (if harvester)	Eggs	Milk	Mustard			
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Ham & Onion Chutney S/W	Wheat Barley (if harvester)	Eggs		Mustard			Sulphites
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Ham S/W	Wheat Barley (if harvester)	Eggs		Mustard			
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	Houmous Salad S/W	Wheat Barley (if harvester)				Sesame		
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	Leicestershire Ploughman's S/W	Wheat Barley (if harvester)	Eggs	Milk	Mustard			Sulphites
Sandwiches (based on standard bread, exclude wheat if GF bread is used and refer to breads section for details)	. Vegan Ploughman's S/W	Wheat Barley (if harvester)			Mustard			Sulphites
Snacks + Nibbles	Bread & Olives	Wheat						Sulphites
Snacks + Nibbles	Cheese & Tomato Tartlet	Wheat	Eggs	Milk				
Snacks + Nibbles	Cheesy Chips			Milk				
Snacks + Nibbles	Chicken & Ham Pie	Wheat					Soya	
Snacks + Nibbles	Chunky Chips							
Snacks + Nibbles	Falafel & Houmous Snack Plate (Ve GF)				Mustard (Salad Dressing Only)	Sesame		
Snacks + Nibbles	Houmous & Crudites Snack Plate (Ve GFO) GF using GF Bread	Wheat			Mustard (Salad Dressing Only)	Sesame		
Snacks + Nibbles	Ploughman's Pork Pie	Wheat Barley		Milk			Soya	Sulphites
Snacks + Nibbles	Pork & Red Leicester Sausage Roll	Wheat	Eggs	Milk				Sulphites
Snacks + Nibbles	Pork Pie	Wheat					Soya	























Snacks + Nibbles	Pork Sausage Roll	Wheat	Eggs				Sulphites
Snacks + Nibbles	Pork, Stuffing & Cranberry Sausage Roll	Wheat	Eggs	Milk			
Soup	Butternut & Sage Soup						
Soup	Carrot, Coriander & Red Lentil Soup						
Soup	Leek & Potato			Milk			
Soup	Tomato & Basil Soup						
Sweet Treats	Affogato	Wheat		Milk		Soya	
Sweet Treats	Baked Brownies Please refer to Supplier Allergen Matrix / Ingredient List						
Sweet Treats	Cakehead Cakes & Desserts Please refer to Supplier Allergen Matrix / Ingredient List						
Sweet Treats	Cakesmiths Cakes & Desserts Please refer to Supplier Allergen Matrix / Ingredient List						
Sweet Treats	Dreamy Cow Ice Cream Please refer to Supplier Allergen Matrix / Ingredient List						
Sweet Treats	Jude's Vegan Coconut Ice Cream						
Sweet Treats	Stuffed Cookie & Ice Cream (Churro Cookie)	Wheat Barley	Eggs	Milk		Soya	
Sweet Treats	Stuffed Cookie & Ice Cream (Kinder Cookie)	Wheat Barley	Eggs	Milk	Hazelnut	Soya	
Sweet Treats	Treacle Tart & Ice Cream	Wheat Rye				Soya	
Sweet Treats	Vegan Affogato					Soya	
Wraps	BBQ Southern Fried Chicken Wraps (GFO) (GFO using GF wraps)	Wheat	Eggs	Milk	Mustard		
Wraps	Christmas (Turkey) Kofta Wraps (GFO) (GFO using GF wraps)	Wheat		Milk	Mustard		
Wraps	Christmas Kofta Wraps (GFO) (GFO using GF wraps)	Wheat	Eggs	Milk	Mustard		

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Sweet Potato Pakora Wraps (Ve | GFO) (GFO using GF Wraps) Wraps

Mustard