

	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Coconut & vegetable curry														
Veggie sausages													WHEAT	YES
Leek & cheese tart					YES								WHEAT	
Creamy mushroom pasta					YES								WHEAT	
Falafel wrap								MAY					WHEAT	
NURSERY EVENING MEALS														
Evening Meal Wk 1 Spring 2026														
Soup														
Chilli & rice														
Cod goujons		YES												
Jacket potatoes					MAY									
Cheese and ham pancakes					YES									
Evening Meal Wk 3 Spring 2026														
Sausages and potatoes													WHEAT	
Soup														
Vegetable pasta and cheese					YES								WHEAT	
Jacket potatoes					MAY									
Chilli chicken														
Evening Meal Wk 3 Spring 2026														
Spaghetti bolognese													WHEAT	
Soup														
Cheese and ham pancakes					YES									
Jacket potatoes					MAY									
BBQ chicken wrap													WHEAT	
SIDE DISHES & SALAD BAR														
All Vegetables														
Balsamic Glaze	YES													
Beetroot														
Broccoli Quiche					YES					YES	YES		WHEAT	YES
Carrot & Cucumber with Houmous								YES						
Carrot with Houmous								YES						
Cesar Dressing					YES						YES			
Celery,Apple,Sultana & Mayo.					YES				YES	YES	YES			

	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Celery/Apple/Raisin/Grape/Mayo					YES				YES		YES			
Cheddar Cheese					YES									
Cheese & Onion Quiche					YES					YES	YES		WHEAT	YES
Chicken Breast											YES			
Chicken Caesar Salad with Parmesan					YES						YES			YES
Chicken Coronation (Curry mayonnaise)					YES					YES	YES			
Chicken Mayonnaise					YES					YES	YES			
Chips														
Classic Bean Salad														
Coleslaw					YES					YES	YES			
Couscous													WHEAT	
Croutons													WHEAT	
Cucumber														
Cucumber and Houmous								YES						
Curry/Apple/Raisin/Mayo/Rice					YES					YES	YES			
Egg											YES			
Flora														
Gammon Ham														
Gravy														
Hoisin Sauce								YES					WHEAT	YES
Jalapenos														
Lettuce														
Mango Chutney										YES				
Mixed Peppers														
Mustard/Honey Dressing										YES	YES			
Naan													WHEAT	
Olives														
Parmesan					YES									
Pasta													WHEAT	
Pasta/Tomato/Basil													WHEAT	
Pesto Pasta					YES								WHEAT	
Pilchards	YES													
Pork Pie					YES	MAY							WHEAT	YES
Potato Salad					YES					YES	YES			
Radish														
Radish,Cucumber and Onion														
Rice														
Scotch Egg											YES		WHEAT	

	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Soy Sauce													WHEAT	YES
Spanish Quiche					YES					YES	YES		WHEAT	YES
Sweet Chilli Dip Sauce														
Sweet Chilli/Veg/Noodles											MAY/ASK		MAY/ASK	
Tartare sauce										YES	YES			
Tomato														
Tomato & Basil Quiche					YES					YES	YES		WHEAT	YES
Tomato/Onion/Feta Cheese					YES									
Tuna Mayonnaise	YES				YES					YES	YES			
Turkey Breast														

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