		Meat Sauces																								Vegetarian Sauces										Carbs		
	PASTA KING Allergy	Amigo Meatballs	Bangers & Beans	BBQ Chicken Ti	BBQ Pulled Pork	BBQ Sausage	Bolognese	Carbonara	Cheeseburger	Chicken & Bacon	Chicken Balti	Chicken Italiano	Chicken Tikka	Chicken Tikka Masala	Chilli Beef	Chinese Chicken C	Creamy Chicken	Firecracker Chicken	Italian Meatballs	Smoky Pepperoni	Spicy Sausage	Sweet Chili Chicken	Sweet and Sou	Texan BBQ Meatballs	Arrabiata	Basilico	BBQ Quorn	Cheese Sauce	Chinese Veg Curry	Mediterranean	Pomodoro	Tomato & Mascarpon	Vegetable Balti	Vegetable Chilli	Veggie Bolognese	Zingy Peppers	Rice	Noodles	Pasta
	Wheat gluten	Ó	Ó			Ó	Ó	Ó	Ó	Ó				Ó	Ó	Ó	Ó		Ó		Ó			Ó				Ó	Ó					Ó	Ó		Ó	Ó
	Oat gluten																																					
	Rye gluten																																					
	Barley gluten			Ó	Ó	Ó																		Ó			Ó											
	Soya															Ó													Ó					Ó	Ó			
	Milk							Ó	Ó	Ó				Ó			Ó											Ó				Ó						
	Egg								Ó																		Ó						Ó					
	Crustaceans																																					
	Fish																																					
	Celery															Ó													Ó									
	Mustard															Ó	Ó											Ó	Ó									
	Sesame seeds																																					
	Sulphites																																			Ó		
	Lupin																																					
	Molluscs																																					
	Peanuts																																					
Nuts such as almonds, hazelnuts, wa																																						
	Vegetarians?	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó	Ó
	Vegans?	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	Ó	Ó	x	x	Ó	Ó	Ó	x	Ó	Ó	Ó	Ó	Ó	Ó
SUITABLE FOR	Coeliacs?	x	x	x	x	x	x	x	x	x	Ó	Ó	Ó	x	x	x	x	Ó	x	Ó	x	Ó	Ó	x	Ó	Ó	x	x	x	Ó	Ó	Ó	Ó	x	x	Ó	Ó	x	x