

Recipe No.	Item Name	DISHES AND THEIR ALLERGEN CONTENT (Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)														Notes
		Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	
BPS 1.	Tomato Pasta Bake (Gluten Free pasta available)		x Durum Wheat Semolina, whole wheat flour					x								Allergens:Cheese-Milk; Tomato Based Sauce:None Fusilli Pasta- Cereals (Durum Wheat Semolina; Wholewheat Fusilli pasts: Whole wheat Flour (Using Gluten free pasta substitute as appropriate - No allergens)
BPS 2.	Quorn Meatballs and tomato pasta sauce	x	x Wheat, Barley Week 3 spaghetti contains Durum Wheat Semolina)													Allergens: Quorn Meatballs-Cereals, wheat, barley, Palm Oil, Celery ; Cheese-Milk, Tomato Based Sauce-None; Fusilli Pasta-Cereals: Durum Wheat Semolina; Wholewheat Fusilli pasta-Whole wheat Flour
BPS 3.	Jacket Potato Cheese and Beans							x							less than 10mg in beans	Allergens: Cheese-Milk; Beans-less than 10mg sulphur sulphites; (Substitute Vegan cheese for milk/dairy allergies)
BPS 4.	Hot Dog (Sausage in a bun)		x Wheat Flour, Wheat		x in gluten free roll only								x may contain sesame	x soybeans in gluten free sausage only	x	Allergens: Ketchup-Gluten free-less than 10mg sulphur/sulphites; Roll-Cereals: Wheat flour, may contain sesame; Sausage - Cereals: Wheat (Red Tractor certified.) Gluten free option for roll- eggs; Gluten free sausage- more than 10mg sulphur sulphites, Soya-soybeans
BPS 5.	Battered Chicken Goujons (Halal)	x may contain	x wheat		x may contain	x may contain		x may contain					x may contain	x may contain soybeans		Allergens: May contain Fish, soybeans,milk,eggs,sesame seeds, celery/celariac CONTAINS: Cereal/Wheat. Approved for Halal diet. Suitable for sufferers of Lactose Intolerance
BPS 6.	Asian Noodles		x Wheat Flour		x									x soybeans		Allergens: Egg Noodles: Cereals (wheat Flour) Egg, TAMARI: Soybeans
BPS 7.	Roast Chicken Dinner, Yorkshire Pudding, Stuffing		x Wheat Flour( Yorkshire, Stuffing)		x (Yorkshire only)			x (Yorkshire only)								Can Serve Roast Chicken , Roast Potatoes & Veg, Gravy with No allergens. Stuffing- breadcrumbs contain wheat flour, <b>Yorkshire Pudding</b> :(Cereals- Wheat Flour)Egg & Milk
BPS 8.	Roast Quorn Fillet Dinner, Yorkshire Pudding, Stuffing		x Wheat, wheat flour (Quorn fillet, yorkshire & stuffing)		x (Yorkshire only)			x (Yorkshire only)								Allergens: Quorn Fillet: Cereals-Wheat, Roast Potatoes: none; Gravy: None, Gluten Free suitable for vegetarians; Stuffing : Cereals - Wheat flour, Yorkshire Pudding: Wheat Flour containing glutens, Egg, Milk ; Quorn Fillet: Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for a Halal diet
BPS 9.	Bagel (Cheese) and Fresh Veg Snack Pot		x Wheat, Barley													Cheese:Milk;(Vegan cheese can be substituted & sunflower spread - Vegan) Bagel:Cereals(Wheat, Barley)May Contain Sesame Seeds, Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance; Cheese: Milk; Butter: Contains Milk, Contains Palm Oil, Contains Artificial Preservatives, Suitable for a Vegetarian Diet
BPS 10.	Bagel Tuna Mayo and Fresh Veg Snack Pot		x Wheat, Barley		x	x		x		x			x may contain		x less than 10mg	Bagel:Cereals(Wheat, Barley)May Contain Sesame Seeds, Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose; Mayonaise: eggs, mustard, less than 10mg sulphur dioxide, sulphates. Substitutue mayo - Vegan as appropriate.

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BPS 11	Mac and Cheese		x Durum Wheat Semolina, Plain Wheat Flour					x						x may contain soybeans		Allergens: Macaroni- Durum Wheat Semolina (Cereals) Cheese: Milk; Plain Wheat Flour, may contain Soybeans, Margarine contains coconut oil
BPS 12.	Chicken Strip Fajita Wrap with salad and cheese		x Wheat					x								Allergens: Cheese: Milk; Tortilla Cereals (Wheat) Artificial preservatives
BPS 13.	Panini (Melted Cheese) With Fresh Snack Pot		x Wheat					x					x may contain			Panini- May Contain Sesame Seeds, Contains Cereal, Contains Wheat, Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for a Halal diet; Cheese: Milk. For dairy free substitute Vegan cheese
BPS 14	Panini Tuna Melt with Fresh Snack Pot		x Wheat		x	x		x		x			x may contain		x	Allergens: <b>Panini</b> - May Contain Sesame Seeds, Contains Cereal, Contains Wheat, Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, <b>Cheese</b> : Milk, <b>Mayonaise</b> : egg, mustard sulphur, sulphites, Fish (Cheese & mayo can be substituted for vegan options)
BPS 15	Pepperoni Pizza		x Wheat, wheat flour, Soya Flour		x may contain			x						x soybeans		Allergens: Pizza dough: Cereals: Wheat, wheat Flour, Soya Flour, Soybeans, Cheese:milk, Pepperoni: may contain eggs, may contain cereals. (Pork meat) Substitute gluten free pizza dough
BPS 16.	Salmon Fishfingers					x										Contains Fish, Suitable for sufferers of Lactose Intolerance, Suitable for Coeliacs
BPS 17	Cheese and Tomato Pizza		x Wheat, wheat flour, Soya Flour		x may contain			x						x soybeans		Allergens: Pizza Dough: Cereals: Wheat, wheat flour, Soya Flour, Soybeans, milk, may contain eggs, Cheese-Milk
BPS 18	Mild Vegetable Curry served with rice		x may contain							x May contain						garam Masala may contain cereals and mustard.
BPS 19.	Vegetable Mild Chilli with Jacket Potato													x Soybeans		Allergens: Beef Style Mince: Contains Soybeans, Suitable for Vegetarians, Vegan, Lactose Intolerant, Coeliacs
BPS 20.	Chicken Pie		x whole wheat flour, wheat flour											x May contain soybeans		Allergens: PASTRY:Flours: Whole wheat flour, wheat flour, May contain Soybeans,
BPS 21	Chicken Style Noodles (Veg)		x Wheat, Wheat Flour		x	x may contain								x soybeans		Allergens: Egg Noodles: Cereals (wheat Flour) Egg, TAMARI: Soybeans: VEGAN CHICKEN STRIPS: Contains Soybeans, Contains Cereal, Contains Wheat, Contains Artificial Flavourings, Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for Halal diet, Approved for a Kosher diet
BPS 22.	Bagel (Chicken Mayo) and Fresh Snack Pot		x Wheat, Barley		x					x			x may contain		x less than 10mg	Bagel: May Contain Sesame Seeds, Contains Cereal, Contains Wheat, Contains Barley, Suitable for sufferers of Lactose Intolerance; Mayonaise: egg, mustard, less than 10mg sulphur sulphites
BPS 23.	Roast Pork Dinner and Yorkshire Pudding		x Wheat Flour in stuffing and yorkshire pudding		x in yorkshire pudding			x in yorkshire pudding								Gravy is gluten free, Stuffing: Cereals (Wheat Flour) Yorkshire Pudding: Wheat flour containing glutens, egg, milk

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BPS 24.	Panini (Cheese and Ham) with Fresh Snack pot		x Wheat					x					x may contain			Allergens: Panini- May Contain Sesame Seeds, Contains Cereal, Contains Wheat, Suitable for sufferers of Lactose Intolerance, Cheese: Milk (Vegan cheese can be substituted for dairy free diet.)
BPS 25.	Beef Lasagne		x Durum Wheat Semolina		x may contain			x		x may contain				x may contain		Allergens: Mince: Suitable for sufferers of Lactose Intoleranc, suitable for Coeliacs; Lasagne: cereals (Durum Wheat Semolina) may contain eggs, mustard and soybeans. Gluten free pasta option to serve with bolognaise also has no egg or soya
BPS 26.	Vegetable Lasagne		x Durum Wheat Semolina (Lentils may contain)		x may contain			x		x may contain				x may contain		Allergens:Lentils: May contain Cereals, Lasagne: cereals (Durum Wheat Semolina) may contain eggs, mustard and soybeans. Cheese Sauce: Milk; Gluten free pasta option to serve with veg bolognaise
BPS 27.	Beef Burger in a Bun	x	x Wheat										x may contain	x may contain		Allergens: Bun: May Contain Sesame Seeds, Contains Cereal: Wheat, Palm Oil, Artificial Preservatives,Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for a Halal diet. Healthier Beef Grill: Contains Soybeans, Cereal: Wheat, Celery/Celeriac, Suitable for sufferers of Lactose Intolerance
BPS 29.	Fish Fingers					x										Allergens: Contains Fish, Suitable for sufferers of Lactose Intolerance, Suitable for Coeliacs
BPS 28.	Quorn Burger in a Bun		x Wheat, Barley		x			x					x may contain			Allergens: Bun: May Contain Sesame Seeds, Contains Cereal: Wheat, Palm Oil, Artificial Preservatives,Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for a Halal diet. Quorn Burger:Contains Milk, Eggs,Cereal: Wheat, Barley, Suitable for a Vegetarian Diet, Approved for a Halal diet
BPS 30.	Vegetarian Spaghetti Bolognaise		x Durum Wheat Semolina					x (Cheese as side dish only)						x		Allergens: Meat Free Mince contains Soybeans, Suitable for a Vegetarian, vegan, lactose intolerance, coeliacs diet. Spaghetti:Cereals made from Durum Wheat Semolina, Cheese: Milk. Gluten free pasta substitute available. See also R09 Garlic Slice side option
BPS 31.	Oven Baked Sausages		x Wheat													Allergens: Contains Cereal (Wheat) Suitable for sufferers of Lactose Intolerance. Gluten free sausage alternative available : Allergens: more than 10mg sulphur sulphites
BPS 32.	Lamb & Mint Burger in a bun (Halal)		x Wheat										x may contain			Allergens: Lamb Burger: Contains Cereal (Wheat) Contains Flavour Enhancements, Approved for a Halal diet. Bun: May Contain Sesame Seeds, Contains Cereal: Wheat, Palm Oil, Artificial Preservatives,Suitable for a Vegetarian Diet, Suitable for a Vegan Diet, Suitable for sufferers of Lactose Intolerance, Approved for a Halal diet.
BPS 33.	Chicken Curry (Halal)		x may contain							x may contain						Allergens: Garam Masala: may contain cereals, may contain mustard

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BPS 34.	Beef Chilli Taco		x Wheat					x								Allergens: Beef Mince:Suitable for sufferers of Lactose Intolerance, Suitable for Coeliacs Cheese: Milk, Tortilla Wrap: Contains Cereal (Wheat) Suitable for sufferers of Lactose Intolerance. Substitute tortilla Wrap for gluten free(may contain mustard) , no cheese for milk allergy.
BPS 35.	Cheese and Tomato Puff Pastry Pinwheel and Fresh Snack Pot		x Wheat flour					x								
<b>Sides</b>																
R 01	Tomato Based Sauce															None
R02	Baked Beans														contains less than 10mg	
R03	Roast Potatoes															None
	Tomato Ketchup														contains less than 10mg	
R04	Gravy															Gluten Free suitable for vegetarians
R05	Stuffing		x wheat flour													Cereals- wheat flour
R06	Yorkshire Pudding		x wheat flour containing glutens		x			x								Cereals- wheat flour,egg,milk
R07	Fresh Veg Snack pot															None
R08	Savoury Rice															None
R09	Garlic Bread Slice		x Wheat					x may contain						x may contain soybeans		Cereals: Wheat, may contain milk, may contain soybeans Contains Palm Oil, Suitable for a Vegetarian Diet
R10	Jacket Wedges															None
R11	French Fries															Contains Palm Oil, suitable for Veggan diet, Suitable for sufferers of Lactose Intolerance, Suitable for Coeliacs, Approved for a Halal diet, Approved for a Kosher diet
R12	Rice															None
R13	Naan Bread		x Wheat													Cereals: Wheat
R14	Plain Sponge Mix		x wheat, wheat flour		x			x						x soybeans		Contains Palm Oil
R15	Shortcrust Pastry		x Wheat flour, Whole wheat flour											x may contain soybeans		Allergens: Flours: Whole wheat flour, wheat flour, May contain Soybeans
<b>Desserts</b>																
D01	Frozen Chocolate and Vanilla Mousse							x								Contains Milk, Palm Oil. Suitable for vegetarians
D02	Frozen Strawberry & Vanilla Mousse							x								Contains Milk, Palm Oil. Suitable for vegetarians
D03	Frozen Raspberry Ripple Mousse							x								Contains Milk, Palm Oil
D04	Muller Healthy Balance Mixed Yoghurts 110g							x								Conatins Milk
D05	Cornflake Crispy Cake		x maize, barley malt extract												x less than 10mg	Cereals: Maize, Barleymalt extract, less than 10mg sulphur sulphites
D06	Strawberry Jelly with fruit side (Veg)														contains less than 10mg	less than 10mg sulphur sulphites
D07	Orange jelly with mandarin side (Veg)														contains less than 10mg	Vegetarian, less than 10mg sulphur sulphites
D08	Shortbread Cookie		x Cereals:Wheat Flour, Durum Wheat,											x may contain soybeans	contains less than 10mg	Vegetarian, less than 10mg sulphur sulphites, Cereals: Wheat flour, durum wheat
D09	Strawberry Ice Cream in Eco Tubs							x								Milk Contains Milk, Palm Oil, Suitable for a Vegetarian Diet

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