

ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|--|-----------|--|-------------|------|------|-------|------|----------|---------|---------|-----------------------|--------|----------|--------------------------|
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| Chipped Potatoes | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garden Peas | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Tempura Battered Pollock & Katsu Curry Sauce SEC | ✔ | ✔ Barley ✔ Kamut ✔ Oats ✔ Rye ✔ Spelt ✔ Wheat | ✗ | ✔ | ✔ | ✗ | ✔ | ✗ | ✔ | ✗ | ✗ | ✗ | ✔ | ✗ |
| Katsu Curry Sauce SEC | ✔ | ✔ Barley ✔ Kamut ✔ Oats ✔ Rye ✔ Spelt ✔ Wheat | ✗ | ✔ | ✗ | ✗ | ✔ | ✗ | ✗ | ✗ | ✗ | ✗ | ✔ | ✗ |

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| Chilli Beef Nachos Sec | ✗ | ✔ Wheat | ✗ | ✗ | ✗ | ✗ | ✔ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Salsa Sauce | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Chipped Potatoes | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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| BBQ Baked Beans SEC | ✗ | ✓ Barley ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| LENTIL PEPPER & SWEETCORN SLOPPY JOE SEC | ✓ | ✓ Barley ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ |

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| Cajun Chicken Sizzler Pizza SEC | ✓ | ✓ Barley ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Poppyseed Loaf | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| TRATTORIA 14 MARGHERITA STONE BAKE PIZZA | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Pasta Neapolitan | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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| YOGHURT | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✔ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Seasonal Fresh Fruit Cups - Ind Prep | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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| Assorted Homebakes | ✗ | ✓ Barley ✓ Oats ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| Fruity Flapjack | ✗ | ✓ Oats ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| Iced Buns Home Made | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Banana and Ginger Parkin | ✗ | ✓ Oats ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Chewy Muesli Fruit Bar | ✗ | ✓ Oats | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| Fruit Crispy Bar - Ind Prep | ✗ | ✓ Oats | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| CHOCOLATE ORANGE CRISPY BAR | ✗ | ✓ Barley | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| OATIE COOKIES SECONDARY | ✗ | ✓ Oats ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Shrewsbury Biscuits | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Individual Victoria Sandwich | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Rock Cakes | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ |
| BLUEBERRY MUFFINS USING MIX | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Chocolate Brownies | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| ASSORTED SANDWICHES SEC NEW RANGE | ✗ | ✓ Barley ✓ Oats ✓ Rye ✓ Wheat | ✓ | ✓ | ✓ | ✗ | ✓ | ✗ | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ |

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| Cheese and Pickle Sandwich | ✗ | ✓ Barley ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ |
| Ham Sandwich | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| Egg Mayo Sandwich | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| Chicken Mayo Wrap | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| BLT Baguette | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Tuna Spinach and Lemon Mayo Sandwich | ✗ | ✓ Barley ✓ Oats ✓ Rye ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ |
| Free Range Egg and Cress Baguette | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Prawn Cocktail Sandwich | ✗ | ✓ Wheat | ✓ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ |
| Coronation Chicken Sandwich | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ |
| Ham Salad Baguette | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Greek Salad Pitta | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| CHEESE AND TOMATO CIABATTA HOT DELI | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ |
| Cream Cheese and Cucumber Hoagie | ✗ | ✓ Barley ✓ Oats ✓ Rye ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ |
| HAM AND CHEESE PANINI HOT DELI | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Tuna and Cheese Melt Panini | ✗ | ✓ Wheat | ✗ | ✗ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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| Cheese and Pesto Panini | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Tuna and Cucumber Sandwich | ✗ | ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| Salmon and Cucumber Sandwich | ✗ | ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| ASSORTED JACKET POTATOES SECONDARY | ✗ | ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| TUNA MAYONNAISE JACKET SECONDARY | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| JACKET POTATO WITH CHEESE SECONDARY | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| JACKET WITH BAKED BEANS SECONDARY | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| JACKET POTATO WITH CHILLI SECONDARY | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Jacket potato with salmon and tuna | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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| Assorted salad accompaniment | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Spiced Cous Cous | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| MIXED SALAD | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| ASSORTED SALADS SECONDARY | ✓ | ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✓ |
| LAYERED FREE RANGE EGG SHAKER SALAD | ✗ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garlic and Herb Bread Wedge | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| LAYERED 5 BEAN SHAKER SALAD | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garlic and Herb Bread Wedge | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| CHICKEN TIKKA AND RICE SHAKER SALAD | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ |
| TUNA NICOISE SHAKER SALAD | ✗ | ✓ Wheat | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| LAYERED CHEDDAR CHEESE SHAKER SALAD | ✓ | ✓ Wheat | ✗ | ✓ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| Garlic and Herb Bread Wedge | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| MOROCCAN CHICKEN SALAD SEC THEATRE | ✗ | ✓ Wheat | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✓ |
| CHICKEN CASEAR SALAD SECONDARY THEATRE | ✗ | ✓ Wheat | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ |
| TUNA NICOISE SALAD SECONDARY THEATRE | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |

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