

RECIPE ALLERGEN SUMMARY



Main Meals	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soybeans	Sulphur Dioxide
Beans and Sausages	x	x	x	x	.	x	.	x	x	x	x	x	x	.
Beef and Mushroom Pie	.	x	x	x	.	x	x	x	x	x	x	x	x	x
Beef Chilli	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Beef Lasagne	x	x	.	x	.	x	.	x	.	x	x	x	.	x
Breakfast Club Porridge	x	x	x	x	.	x	.	x	x	x	x	x	x	x
Cauliflower and Broccoli Cheese	x	x	x	x	.	x	.	x	.	x	x	x	x	x
Cheese & Bacon Quiche	x	x	.	x	.	x	.	x	x	x	x	x	.	x
Cheese & Red Onion Quiche	x	x	.	x	.	x	.	x	x	x	x	x	.	x
Cheese & Tomato Pasta Bake	x	x	.	x	.	x	.	x	x	x	x	x	x	x
Chicken & Bacon Risotto	.	x	x	x	x	x	x	x	x	x	x	x	x	x
Chicken & Mushroom Pasta	.	x	.	x	.	x	.	x	.	x	x	x	.	x
Chicken Burger and Wedges	x	x	x	x	.	x	x	x	x	x	x	.	.	.
Chicken Korma	x	x	x	x	x	x	.	x	.	.	.	x	x	x
Chicken Tikka	x	x	x	x	.	x	.	x	.	.	.	x	.	x
Chilli Nacho's	x	x	x	x	x	x	.	x	x	x	x	x	x	x
Cottage Pie	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Macaroni Cheese	x	x	.	x	.	x	.	x	.	x	x	x	x	x
Noodles with Chicken in Hoisin Sauce	.	x	.	x	.	x	.	x	.	.	x	.	.	x
Noodles with Chicken in Peking Duck Sauce	.	x	.	x	.	x	.	x	.	.	x	.	.	x
Noodles with Chicken in Plum Sauce	.	x	.	x	.	x	.	x	.	.	x	.	.	x
Noodles with Chicken in Teriyaki Sauce	.	x	.	x	.	x	.	x	.	.	x	.	.	x
Noodles with Sweet and Sour Chicken	.	x	.	x	.	x	.	x	.	.	x	.	.	x
Noodles with Sweet Chilli Chicken	x	x	.	x	.	x	.	x	x	x	x	x	x	x
Pasta (no toppings)	x	x	.	x	.	x	x	x	x	x	x	x	x	x
Pasta with BBQ Sauce	x	x	.	x	.	x	x	x	.	x	x	x	x	x
Pasta with Cheese	x	x	.	x	.	x	.	x	x	x	x	x	x	x
Pasta with Chilli Sauce	x	x	.	x	.	x	x	x	x	x	x	x	x	x
Pasta with Korma Sauce	x	x	.	x	.	x	.	x	.	.	.	x	x	x
Pasta with Sweet and Sour Sauce	x	x	.	x	.	x	x	x	x	x	x	x	.	x
Pasta with Tikka Masala Sauce	x	x	.	x	.	x	.	x	.	.	.	x	x	x
Pizza - Various	x	x	x	x	.	x	.	x	x	x	x	x	x	x
Quorn Sausage and Mash Potato	x	x	.	x	.	x	.	x	x	x	x	x	x	x
Roast Beef	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Roasted Vegetable Fajitas	x	x	x	x	.	x	.	x	x	x	x	x	x	x
Saucy Sausage Pasta	x	x	.	x	.	x	x	x	x	x	x	x	x	.
Sausages and Mashed Potato	x	x	x	x	.	x	x	x	x	x	x	x	x	.
Spaghetti and Meatballs	x	x	.	x	.	x	x	x	x	x	x	x	x	x
Spaghetti Bolognese	x	x	.	x	.	x	x	x	x	x	x	x	.	x
Spicy Bean Pasta Bake	x	x	.	x	.	x	.	x	x	x	x	x	x	x
Spicy Chicken Soup	x	x	x	x	x	x	.	x	.	.	.	x	x	x
Tomato Soup	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Vegetable Chilli	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Vegetable Fried Rice	x	x	x	x	.	x	x	x	x	x	x	x	.	x

Sandwiches and Baguettes

Bacon & Egg Sandwich	x	x	●	x	●	x	x	x	x	x	x	x	●	x
Barbecue Chicken Sandwich	x	x	x	x	●	x	x	x	●	x	x	x	●	x
BBQ Chicken Baguette	x	x	x	x	●	x	●	x	●	x	x	x	●	x
BLT (Bacon, Lettuce & Tomato) Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Cheese & Bacon Sandwich	x	x	x	x	●	x	●	x	x	x	x	x	●	x
Cheese Salad Sandwich	x	x	x	x	●	x	●	x	x	x	x	x	●	x
Cheese Sandwich	x	x	x	x	●	x	●	x	x	x	x	x	●	x
Chicken & Bacon Mayo Sandwich	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Chicken & Bacon Sandwich	x	x	x	x	●	x	●	x	x	x	x	x	●	x
Chicken Mayonnaise Sandwich	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Chicken Tikka Baguette	x	x	x	x	●	x	●	x	●	●	●	x	●	x
Christmas Baguette	x	x	x	x	●	x	●	x	x	x	x	x	●	●
Egg Mayonnaise Sandwich	x	x	●	x	●	x	x	x	x	x	x	x	●	x
Ham & Cheese Sandwich	x	x	x	x	●	x	●	x	x	x	x	x	●	x
Ham & Pickle Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Ham & Tomato Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Ham Salad Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Ham Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Mexican Chicken Baguette	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Sweet Chilli Chicken Sandwich	x	x	x	x	●	x	x	x	x	x	x	x	●	x
Tandoori Chicken Baguette	●	x	x	x	●	x	x	x	x	x	x	x	●	x
Tuna & Cucumber Sandwich	x	x	●	●	●	x	x	x	x	x	x	x	●	x
Tuna & Red Onion Sandwich	●	x	●	●	●	x	x	x	x	x	x	x	●	x
Tuna & Sweetcorn Sandwich	x	x	●	●	●	x	x	x	x	x	x	x	●	x
Tuna Mayo & Cheese Sandwich	x	x	●	●	●	x	●	x	x	x	x	x	●	x
Tuna Mayonnaise Sandwich	x	x	●	●	●	x	x	x	x	x	x	x	●	x

Desserts and Treats

Anzac Cookie	x	x	x	x	●	x	●	x	x	x	x	x	x	●
Apple Crumble and Custard	x	x	x	x	●	x	●	x	x	x	x	x	x	x
Apple Krispie and Custard	x	x	x	x	●	x	●	x	x	x	x	x	x	x
Banana Cake and Custard	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Butter Crunch Cookie	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Chocolate Chip Butter Crunch Cookie	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Chocolate Chip Muffin	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Chocolate Cookies	x	x	●	x	●	x	●	x	x	x	x	x	x	●
Chocolate Krispie	x	x	x	x	●	x	●	x	x	x	x	x	x	x
Chocolate Mousse	x	x	x	x	x	x	●	x	x	x	x	x	x	x
Chocolate Muffin	x	x	●	x	●	x	●	x	x	x	x	x	●	x
Chocolate Sponge and Sauce	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Custard	x	x	x	x	x	x	●	x	x	x	x	x	x	x
Gingerbread Men	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Jam Roly Poly	x	x	x	x	●	x	●	x	x	x	x	x	x	●
Oat Crunch Cookie	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Rice Pudding and Jam	x	x	x	x	x	x	●	x	x	x	x	x	x	●
Strawberry Cake and Custard	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Sweet Dough	x	x	●	x	●	x	x	x	x	x	x	x	x	x
Syrup Sponge and Custard	x	x	●	x	●	x	●	x	x	x	x	x	x	x
Victoria Sponge	x	x	●	x	●	x	x	x	x	x	x	x	x	x

● Recipe contains allergen

x

Recipe does not contain allergen

● Sub-recipe contains allergen