

# RECIPE ALLERGEN SUMMARY

|   | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur Dioxide |
|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| Apple   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Apple Cake  |        |             | •    |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Baked Beans   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Baked Cauliflower Wings   |        |             |      |      | ?      |       |      |          |         |      |         |              | •        |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Banana  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Basmati Rice  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Beef Chilli   |        |             |      |      | ?      |       |      |          |         |      |         |              |          |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Beetroot  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Broccoli  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Carrots   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Cheese & Tomato Pizza   |        |             |      |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Cheese and Onion Quiche   |        |             | •    |      | •      |       | •    |          | •       |      |         |              | •        |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Chicken Korma   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Chips   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Chocolate Cake  |        |             | •    |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Chocolate Chip Cake   |        |             | •    |      | •      |       | •    |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Chocolate Custard   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Chocolate Ice Cream   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Coleslaw  |        |             | •    |      |        |       |      |          |         | ○    |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Cream   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Creamy Fromage Frais  |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Cucumber  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Custard   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Fish Fingers  |        |             |      | •    | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Fish in Batter  |        |             |      | •    | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| French Bread (granary)  |        |             |      |      | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| French Bread (white)  |        |             |      |      | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Fromage Frais   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |

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|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| Fromage Frais (yeo valley)  |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Fruit Cocktail  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Fruit Lolly   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Grated Carrot   |        |             |      |      |        |       |      |          |         | ○    |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Gravy   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Gravy (Vegetarian)  | •      |             |      |      | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Honey Roasted Vegetables  | •      |             |      | •    | •      |       |      |          |         | ○    |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Hunters Chicken   | •      |             |      | •    | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Hunters Chicken Halal   | •      |             |      | •    | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Jacket Potato with Baked Beans  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Jacket Potato with Cheese   |        |             |      |      |        |       | •    |          |         |      |         |              |          |                 |
| Jacket Potato with Tuna Mayonnaise  |        |             | •    | •    |        |       |      |          |         |      |         |              |          |                 |
| Jerk Chicken  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Jerk Salmon   |        |             |      | •    |        |       |      |          |         |      |         |              |          |                 |
| Katsu Chicken   |        |             |      |      | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Lemon Drizzle Cake  |        |             | •    |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Lettuce   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Macaroni Cheese   |        |             |      |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Mandarin Oranges  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Mashed Potato   |        |             | ?    |      | ?      |       | •    |          |         |      |         |              |          |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Meatballs ( Halal ) in Tomato & Basil Sauce   | •      |             |      |      | •      |       |      |          |         |      |         |              | •        | •               |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Meatballs in Tomato & Basil Sauce   | •      |             |      |      | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Naan Bread  |        |             |      |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Olives  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Orange  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Pasta Twists  |        |             |      |      | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Pea & Mint Fritters   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |

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|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| Peaches   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Pears   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Peas  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Pepperoni Pizza   |        |             |      |      | ●      |       | ●    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Peppers   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Pineapple   |        |             |      |      |        |       |      |          |         | ○    |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Quorn Veggie Balls in Tomato and Basil Sauce  | ●      |             |      |      |        |       |      |          |         |      |         |              | ●        |                 |
| Rainbow Sprinkle Cake   |        |             | ●    |      | ●      |       | ●    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Rice and Peas   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roast Beef  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roast Beef Halal  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roast Chicken   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roast Chicken (Halal)   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roast Potatoes  |        |             |      |      |        |       |      |          |         | ○    |         |              |          | ●               |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Roasted Vegetable Tart  | ●      |             |      |      | ●      |       | ●    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Satsumas  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Sausages  |        |             |      |      | ●      |       |      |          |         |      |         |              |          | ●               |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Shepherds Pie   |        |             | ?    |      | ?      |       | ●    |          |         | ○    |         |              |          |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Spaghetti Hoops   |        |             |      |      | ●      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Strawberry Ice Cream  |        |             |      |      |        |       | ●    |          |         |      |         |              |          |                 |
| Stuffed Peppers   | ?      |             | ?    |      |        |       | ●    |          | ?       |      |         |              | ?        |                 |
| Sultanas  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Sweet Potato & Lentil Korma   | ●      |             |      |      | ?      |       |      |          |         |      |         |              |          |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Sweet Potato Falafel  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Sweetcorn   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Tomato Ketchup  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Tomatoes  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Tortilla Layer Bake   |        |             |      |      | ●      |       | ●    |          |         |      |         |              | ●        |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vanilla Ice Cream   |        |             |      |      |        |       | ●    |          |         |      |         |              |          |                 |

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|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| Vegan (df) Custard  |        |             |      |      |        |       |      |          |         |      |         |              | •        |                 |
| Vegan Chocolate Cake  |        |             |      |      |        |       |      |          |         |      |         |              | •        |                 |
| Vegan Coleslaw  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegan Lemon Cake  |        |             |      |      |        |       |      |          |         |      |         |              | •        |                 |
| Vegan Macaroni Cheese   | •      |             |      |      | •      |       |      |          |         |      |         |              | •        |                 |
| <i>Contains: Gluten (Barley, Oats, Rye, Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegan Mashed Potato   |        |             |      |      |        |       |      |          |         | ○    |         |              | •        |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegan Pizza   |        |             |      |      |        |       |      |          |         | ○    |         |              |          |                 |
| <i>Missing data: Nuts (Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)</i> |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegan Stuffed Peppers   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegan Vanilla Sponge Cake   |        |             |      |      |        |       |      |          |         |      |         |              | •        |                 |
| Vegan Yoghurt   |        |             |      |      |        |       |      |          |         | ?    |         |              | •        |                 |
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| Vegetable Chilli  | •      |             |      |      | ?      |       |      |          | •       |      |         |              |          |                 |
| <i>May contain: Gluten (Wheat)</i>  |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegetable Fingers   |        |             |      |      | •      |       |      |          |         |      |         |              |          | •               |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Vegetable Nuggets   |        |             |      |      | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| VEGETABLE SAUSAGE   |        |             |      |      | •      |       |      |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |
| Yorkshire Pudding   |        |             | •    |      | •      |       | •    |          |         |      |         |              |          |                 |
| <i>Contains: Gluten (Wheat)</i>   |        |             |      |      |        |       |      |          |         |      |         |              |          |                 |

○ Recipe allergen **missing data**? Recipe **may contain** allergen• Recipe **contains** allergen

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