

Name of Dish	Ingredients	Allergens
Beef Bolognese	Minced beef, onions, carrots, garlic, chopped tomatoes, tomato purée, beef stock, olive oil, salt, pepper	Citric acid
Spaghetti	Wholewheat spaghetti, durham wheat, flour, water	Wheat (gluten)
Mushroom Carbonara	Mushrooms, spaghetti, garlic, cream, lemon juice	Wheat (gluten) Milk (dairy)
Creamy Chicken Casserole	Chicken, Onion, mushroom, carrots, chicken stock, Cornflour	
Mashed potato	Potato, margarine	
Stuffed Peppers	Peppers, rice, onion, cheese	Milk (dairy)
Roast Gammon		
Spinach & Feta Pie	Spinach, Feta Cheese, Filo Pastry – flour, water	Wheat (gluten) Milk (dairy)
Roast Potatoes	Potato, vegetable oil	
BBQ Chicken	Chicken, smoked paprika, garlic, soy sauce, balsamic vinegar, ginger, sugar	Soya
Quorn Stir Fry	Mycoprotein (Quorn), mixed vegetables, mushrooms, egg noodles, soya, chinese 5 spice, vegetable stock*	Wheat (gluten) Egg Soya
Cod fillet in Breadcrumbs	Cod, breadcrumbs, flour, water, rapeseed oil, maize starch	Fish Wheat
Bean Burger	Kidney beans, carrots, potatoes, quorn, bell peppers, garlic spices, breadcrumbs	Wheat (gluten)
Potato Wedges	Potato, flour, black pepper, paprika, chilli, cayenne, cumin, turmeric, garlic	Wheat (gluten)
Cherry Crumble & Custard	Cherries, sugar, maize starch, elderberry, flour, margarine, milk, sugar	Wheat (gluten), Milk (dairy) Milk (dairy)
Carrot Cake	Carrots, wholemeal flour, eggs, sugar, sunflower oil, desiccated coconut, milk	Wheat (gluten) Egg Milk (dairy)
Yoghurt	Milk, sugar, fruit puree	Milk (dairy)
Lemon Cake & Custard	Lemon juice, lemon rind, sugar, butter, eggs, flour	Eggs, Wheat (gluten), Milk Milk (dairy)
Cookies	Flour, margarine, sugar, golden syrup, cocoa powder, chocolate chips	Wheat (gluten)

Name of Dish	Ingredients	Allergens
Chicken Korma	Chicken, coriander, black pepper, turmeric, garan masala, coconut milk, chicken stock	
Cheese Quiche	Cheese, eggs, milk, flour, butter	Wheat (gluten), Milk (dairy) Egg
Cheese & Tomato Pasta Bake	Cheese, tomatoes, tomato sauce, onions, mushrooms, courgettes, garlic, , durham wheat, flour, water	Wheat (gluten), Milk (dairy)
Avocado Smash	Avocado, egg, potato	Egg
Cottage Pie	Minced beef, onion, carrot, potato, beef stock*	
Creamy Vegetable Pie	Flour, margarine, peppers, onion, mushroom, carrots, broccoli, cauliflower	Wheat (gluten) Egg
Sausages	Pork, rusk	Wheat (gluten), sulphites,
Fish Pie	Cod, salmon, haddock, milk, mashed potato, parsley	Fish, Milk (dairy)
Mashed Potato	Potato margarine	
Cheese Pizza	Wheat, flour, yeast, cheese, tomato, maize starch, onion, basil, oregano, sage, thyme, garlic, black pepper, citric acid	Wheat (gluten), Milk (dairy)
Vegetable Fajita	Wrap – flour, water. Peppers, onions, mushrooms, salsa sauce – tomato puree, vinegar, tomatoes, onions, sugar, red/green peppers, spices	Wheat (gluten), Milk (dairy)
Potato Wedges	Potato, flour, black pepper, paprika, chilli, cayenne, cumin, turmeric, garlic	Wheat (gluten),
Fruit Pancakes	Cornflour, sugar, vegetable oil, bicarbonate of soda, strawberries, blackberries, redcurrants, black currants, raspberries, blueberries	Wheat (gluten)
Yoghurt	Milk, sugar, fruit puree	Milk (dairy)
Apple Crumble & Custard	Apples, flour, butter, sugar Custard powder, milk, sugar	Wheat (gluten), Milk (dairy) Milk (dairy)
Rice Pudding	Rice, Milk, sugar, nutmeg	Milk (dairy)
Profiteroles		Wheat (gluten), Egg, Milk (dairy)

Name of Dish	Ingredients	Allergens
Pork Meatballs in Tomato Sauce	Minced pork, breadcrumbs, egg, onions, white pepper, nutmet Tomatoes, onions, peppers, mushrooms, garlic, mixed herbs	Egg, Wheat (gluten)
Vegetable Curry	Mixed vegetables, ginger, garlic, tumeric, cumin, paprika, garan masala	
Spaghetti	Wholewheat spaghetti, durham wheat, flour, water	Wheat (gluten)
Chicken Fajitas	Chicken, onions, peppers, salsa sauce – tomato puree, vinegar, tomatoes, onions, sugar, red/green peppers, spices wrap – flour, water	Wheat (gluten), Milk (dairy)
Roast Chicken	Chicken breast fillets	
Nut Cutlet	Nuts	Nuts, Wheat (gluten)
Roast Potatoes	Potatoes, vegetable oil	
Lamb Stew & Dumplings	Lamb, stock, onions, carrots Flour, vegetable suet	Wheat (gluten)
Vegetable Cobbler	Leeks, swede, parsnip mixed herbs, cornflour, vegetable stock*	Wheat (gluten)
Mashed Potato	Potatoes, margarine	
Minced Beef Pie	Minced beef, onions, carrots, mushrooms, beef stock in pastry – flour, margarine	Wheat (gluten)
Crispy Quorn Burger	Quorn burger	Wheat (gluten)
Potato Wedges	Potato, flour, black pepper, paprika, chilli, cayenne, cumin, turmeric, garlic	Wheat (gluten)
Chocolate Cake & Custard	Flour, sugar, eggs, butter, cocoa Custard powder, milk, sugar	Milk (dairy)
Muffin	Flour, sugar, eggs, sunflower oil, blueberries or raspberries	Wheat (gluten), Egg, Milk (dairy)
Mousse	Milk	Milk (dairy)
Apple Struden & Custard	Apple, raisins, flour, butter, cinamon, lemon juice Custard powder, milk, sugar	Wheat (gluten), Milk (dairy) Milk (dairy)
Ice Cream	Milk	Milk (dairy)

Name of Dish	Ingredients	Allergens
Macaroni Cheese	Wholewheat pasta, durham wheat, flour, water, cheddar cheese, milk, cornflour	Wheat (gluten) Milk (dairy)
Vegetable Risotto	Risotto rice, onions, mushrooms, peppers, vegetable stock*	
Chicken Pie	Chicken, Onions, mushrooms, carrots in puff pastry – flour, vegetable oil, water, egg	Wheat (gluten) Egg
Fish Cake	Smoked haddock, haddock, potato, spring onion, rice flour, maize, yeast, black pepper	Fish
Mashed Potato	Potato, vegetable spread	
Roast Pork & Apple Sauce		
Cauliflower Cheese	Cauliflower, Cheese, milk, cornflour	Milk (dairy)
Roast Potatoes	Potato, vegetable oil	
Chicken Tikka with Naan Bread	Chicken, onions, ginger, garlic, chilli, cumin, garan masala, tomatoes, tomato puree, chicken stock*. Naan bread – wheat, flour, rapeseed oil, yeast, water, bicarbonate of soda, kalonji seeds	Wheat (gluten)
Three Bean Casserole	Butterbeans, borlotti beans, cannellini beans, chickpeas, kidney beans, tomatoes, onions, peppers, garlic, mixed herbs	
Rice		
Fish in Batter	Fish, flour, maize starch, potato starch, paprika, turmeric	Fish Wheat (gluten)
Vegetarian Sausage		Wheat (gluten) Egg
Potato Wedges	Potato, flour, black pepper, paprika, chilli, cayenne, cumin, turmeric, garlic	
Yoghurt	Milk, sugar, fruit puree	
Apricot Sponge & Custard	Apricots, flour, margarine, sugar, egg Custard powder, milk, sugar	Wheat (gluten) Egg
Chocolate Mousse	Cocoa powder, sugar, maize starch, milk	Milk (dairy)
Lemony Pudding	Flour, egg, milk, sugar, lemon juice	Wheat (gluten) Egg, Milk (dairy)
Flapjack	Gluten free oats, golden syrup, sugar	Wheat (gluten)

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