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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Beef bolognese, Spaghetti, grated cheese & seasonal salad** | **✓** | **✓** |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| **Vegan bolognese, Spaghetti, Vegan Cheese & seasonal salad** | **✓** | **✓** |  |  |  |  |  |  | **✓** |  |  |  | **✓** |  |
| **Meatballs in Tomato Sauce, Spaghetti and Seasonal Salad**  **\*\*Grated Cheddar an Option**  **\*\*\*Gluten Free Pasta available** | **✓** | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Veggie Meatballs in Tomato Sauce, Spaghetti and Seasonal Salad**  **\*\* Grate Cheddar an Option**  **\*\*\*Vegan Cheese & Gluten Free Pasta available** | **✓** | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Veggie Chilli, Basmati Rice, Toasted Tortillas and Seasonal Salad**  **\*\*Sour Cream and Grated Cheese Optional**  **\*\*\*Vegan Cheese available**  **\*\*\*\*GF People will not have the Tortillas** | **✓** | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |

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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Home-Made Pizza with a variety of toppings, served with half an egg, a seasonal salad and Roast Potatoes** | **✓** | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegan home-made pizza with a variety of toppings served with a seasonal salad and Roast potatoes** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Creamy Coconut and Squash dal, Basmati Rice and a Tomato Cucumber herb salad** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Seasonal fruit salad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Local Sausages with Dauphinoise Potatoes and Roasted Veg** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Apples and Cinnamon Muffin** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegan Apple and Cinnamon Muffin** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Gluten Free Pizza and Grated Goats Cheese** | **✓** |  |  |  |  |  | **✓ Goat Cheese** |  |  |  |  |  |  |  |

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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Cauliflower Mac and Cheese Served with Peas and a Salad** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Flapjacks** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Homemade Red and Green Pesto (Using Sunflower seeds), Fresh Mozzarella and a side of Broccoli** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Chocolate Oat Cookies** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegan Chocolate Oat Cookies** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Homemade Vegan Red and Green Pesto (Using Sunflower Seeds), Vegan Cheese and a side of Broccoli** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegan Oat and Raisin Cookies** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Gluten Free Oat and Raisin Cookies** |  |  |  | **✓** |  |  | **✓ Goats Butter** |  |  |  |  |  |  |  |

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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Fisk Cakes, Sweet Potato Wedges and Green Beans** |  |  |  | **✓** | **✓** |  |  |  |  |  |  |  |  |  |
| **Poach pears or Apples with homemade Custard** |  |  |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Poached Pears and Vegan Custard** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lemon Drizzle Cake** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Fish Pie, Sweetcorn and Salad** |  |  |  |  | **✓** |  | **✓** |  | **✓** |  |  |  |  |  |
| **Veggie Pie, Sweetcorn and Salad** |  |  |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| **Vegan Pie, Sweetcorn and Salad** |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| **Gluten Free Fish Pie, Sweetcorn and salad** |  |  |  |  | **✓** |  |  |  | **✓**  **Goats Milk**  **And Cheese** |  | **✓** |  |  |  |

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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Smoky green lentil, mushroom & greens pasta bake with seasonal salad** | **✓** | **✓** |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| **Black Bean Burger, Dauphinoise Potatoes and Roast Veg** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Oat & raisin cookies** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Weekly soup Tomato with a coriander pesto topped with roast potatoes served with home-made Sourdough bread & butter**  **\*\*\*\*\*Vegan will not have the pesto or butter** | **✓** | **✓** |  |  |  |  | **✓** |  |  | **✓** |  |  |  |  |
| **Roasted Squash Soup with a pesto drizzle and topped with roast potatoes and served with sourdough bread and butter**  **\*\*\*\*\*Vegan will not have the butter** | **✓** | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegan Oat and Raisin Cookies** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegan Chocolate Muffins** |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |

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| **DISHES** | **celery** | **gluten** | **crustaceans** | **eggs** | **fish** | **lupin** | **milk** | **mollusc** | **mustard** | **nuts** | **peanuts** | **sesame seeds** | **soya** | **sulphur dioxide** |
| **Chocolate & apricot tiffin** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Jacket potato with Tuna and Carrot Mayo, Grated Cheese and**  **Salad** |  |  |  | **✓** | **✓** |  | **✓** |  |  |  |  |  |  |  |
| **Home-made baked beans & cheese on jacket potato**  **\*\*\*\*Vegan Option with Vegan Cheese** |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Apples cake with a Maple Cream Cheese Icing** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Banana Bread** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Seasonal Fruit Crumble and Cream** |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **Vegan Season Fruit Crumb and Soya Cream** |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| **Chocolate Chip Muffins** |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| **Gluten Free Vanilla Muffins** |  |  |  | **✓** |  |  | **✓ Goats**  **Butter** |  |  |  |  |  |  |  |