












	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Baked Enchilada (VE) 	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Battered Fish Fillet	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
BBQ Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Beef Burger in a Bun (Corbets Tey-Secondary Students)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Best of British Sausages (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
British Pork Sausage Toad in the Hole	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Cheese & Onion Quiche (V)	Yes	Yes	No	No	No	Yes	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	
Cheese Baguette Malted Wheat (V)	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheese Baguette White (V)	Yes	Yes	No	May	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Cheese Baguette White (V)- Temp	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No



	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Cheese Roll (V)	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No
Cheese Sandwich White (V)	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheese Sandwich Wholemeal (V)	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheesy Tomato Pasta (V) 	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chicken Rogan Josh	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Cottage Pie (VE)	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Creamy Chicken Korma	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Creamy Fish Pie	Yes	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Crispy Country Bake Burger (VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No
Crispy Vegetable Fingers (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cumberland Sausage & Bean Puff (VE) 	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Fish Fillet in a Parsley Sauce	Yes	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Golden Dippers (V)	Yes	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Gravy	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ham Baguette Malted Wheat	Yes	Yes	Yes	Yes	No	No	No	No	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ham Baguette White	Yes	Yes	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Ham Baguette White- Temp	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Ham Roll	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Ham Sandwich White	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ham Sandwich Wholemeal	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Hot Cheesy Quesadillas (V)	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
																										
Italian Inspired Lasagne (V)	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
																										

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Jacket Potato With Baked Beans (VE)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Baked Beans (VE)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese (V)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese (V)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese & Beans (V)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese & Beans (V)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese & Coleslaw (V)	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Cheese & Coleslaw (V)	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Coleslaw (V)	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato With Coleslaw (V)	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Jacket Potato with Tuna Mayonnaise	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Jacket Potato With Tuna Mayonnaise	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Lightly Spiced Rogan Josh (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Mac N Cheese (V)	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Margherita Pizza 	Yes	Yes	No	No	No	No	May	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Margherita Pizza- St Jo's Hylands, Gidea & Mawney. 	Yes	Yes	No	No	No	No	May	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Margherita Pizza- St Ursulas Infants 	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Marinated Chicken Tikka	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Marinated Chicken Tikka (H)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Mild Balti Curry (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Mild Chicken Balti Curry	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Mince & Onion Puff (VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Omega 3 Fish Fingers	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Omega 3 Fish Fingers (Gluten Free)	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Organic Beef Burger in a Bun	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No
Pasta Bolognese (VE) 	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Rice, Lentil & Vegetable Dhal (VE) 	May	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Roast British Gammon	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Roast Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Rustic Italian Meatball Linguine (VE) 	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Salmon & Broccoli Pasta	Yes	Yes	No	No	No	No	No	Yes	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Sausage Roll (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sausage Toad in the Hole (VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Southern Spiced Chicken	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Spanish Inspired Vegetable Paella (VE)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Sticky Chicken	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No
Sticky Chicken (Halal)	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No
Sweet Chilli Chicken Pasta 	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	Yes	No	No
Tomato Based Sauce 	May	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tomato Based Sauce- Gluten Free	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tomato Ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tomato Ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Traditional Roast Turkey	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tuna & Sweetcorn Sandwich White	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tuna & Sweetcorn Sandwich Wholemeal	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tuna Mayo Baguette Malted Wheat	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Tuna Mayo Baguette White	Yes	Yes	No	May	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Tuna Mayonnaise Baguette White-Temp	Yes	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Tuna Mayonnaise Roll	Yes	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No

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	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Diced Potatoes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Half Jacket Potato	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mash Potato- Simply Mash	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mash Potato- Lamb Weston	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mexican Style Rice	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Oven Baked Chips	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Potato Dippers	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
McCains Wedges	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Homemade Wedges	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
McCains Roast Potatoes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Roast Potatoes (Vac Pack)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Roast Potatoes (Jackets)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
50 50 Rice	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Yorkshire Pudding	Yes	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Yorkshire Puddings (VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Wholemeal Pasta	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

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	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Baked Beans	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Broccoli	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Carrots	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cauliflower	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Coleslaw	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Coleslaw (VE)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Corn on the Cob	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Green Beans	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mixed Salad	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Peas	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Spring Greens	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweetcorn	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Note: If a supplier has not provided the source of Gluten or Nut allergens, then all sources will be flagged with 'contains' or 'may contain' as appropriate.

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Beetroot	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cherry Tomatoes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cucumber	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Lettuce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mixed Peppers	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Pineapple	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Note: If a supplier has not provided the source of Gluten or Nut allergens, then all sources will be flagged with 'contains' or 'may contain' as appropriate.

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin	
Apple Crumble	Yes	Yes	No	No	No	No	No	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Apple Sponge	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Autumn Sponge	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
AW21 Fresh Fruit Platter	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Breadsticks	Yes	Yes	No	Yes	No	No	No	No	No	May	May	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Breadsticks & Cheese	Yes	Yes	No	Yes	No	No	No	No	No	May	Yes	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Carrot Cake Muffin (VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Chocolate Milk Custard	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chocolate Muffin	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Chocolate Orange Muffin	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Crackers (00137)	Yes	Yes	No	No	No	No	May	No	No	No	May	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Crackers (00137) with Cheese	Yes	Yes	No	No	No	No	May	No	No	No	Yes	No	No	No	No	No	No	No	No	No	May	No	No	No	No	No	No
Crackers (95022)	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Crackers (95022) with Cheese	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin
Egg & Dairy Free Muffins	Yes	Yes	No	Yes	No	No	No	No	No	May	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No
Fruit Jelly	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Gluten Free Shortbread	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	May	No	No	No	No
Golden Acre Peach & Passionfruit Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Golden Acre Raspberry Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Golden Acre Strawberry Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Marble Cake	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Marble Sponge (Toffee)	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Milk Custard	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mixed Melon & Grape Fruit Salad	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mixed Melon Fruit Salad	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Orange & Mango Iced Fruit Smoothie	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Orange Cookie (VE)	Yes	Yes	No	No	No	No	No	No	No	May	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Gluten	Gluten: Wheat	Gluten: Rye	Gluten: Barley	Gluten: Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Nuts: Almond	Nuts: Hazelnut	Nuts: Walnut	Nuts: Cashew	Nuts: Pecan	Nuts: Brazil	Nuts: Pistachio	Nuts: Macadamia	Sesame seeds	Sulphur dioxide	Molluscs	Celery	Mustard	Lupin	
Raspberry Ripple Artie Roll	Yes	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Red Velvet Sponge	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ripple Sponge	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sticky Banana Pudding(VE)	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Strawberry Iced Fruit Smoothie	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vanilla Ice Cream Tub	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vanilla Muffin	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Vanilla Sponge	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Yeo Valley Organic Mango & Vanilla Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Yeo Valley Organic Raspberry Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Yeo Valley Organic Strawberry Yoghurt	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

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