












	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
<b>Baked Enchilada (VE)</b> 	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
<b>Battered Fish Fillet</b>	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
<b>BBQ Chicken</b>	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
<b>Beef Burger in a Bun (Corbets Tey-Secondary Students)</b>	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
<b>Best of British Sausages (VE)</b>	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
<b>British Pork Sausage Toad in the Hole</b>	Yes	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
<b>Cheese &amp; Onion Quiche (V)</b>	Yes	Yes	No	No	No	No	Yes	No	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
<b>Cheese Baguette Malted Wheat (V)</b>	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
<b>Cheese Baguette White (V)</b>	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
<b>Cheese Baguette White (V)- Temp</b>	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
<b>Cheese Roll (V)</b>	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
<b>Cheese Sandwich White (V)</b>	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
<b>Cheese Sandwich Wholemeal (V)</b>	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
<b>Cheesy Tomato Pasta (V)</b> 	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
<b>Chicken Rogan Josh</b>	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
<b>Cottage Pie (VE)</b>	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
<b>Creamy Chicken Korma</b>	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
<b>Creamy Fish Pie</b>	Yes	Yes	No	No	No	No	No	Yes	No	May	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
<b>Crispy Country Bake Burger (VE)</b>	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
<b>Crispy Vegetable Fingers (VE)</b>	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
<b>Cumberland Sausage &amp; Bean Puff (VE)</b> 	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
<b>Fish Fillet in a Parsley Sauce</b>	Yes	Yes	No	No	No	No	No	Yes	No	May	Yes	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
<b>Golden Dippers (V)</b>	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
<b>Gravy</b>	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
<b>Ham Baguette Malted Wheat</b>	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
<b>Ham Baguette White</b>	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
<b>Ham Baguette White- Temp</b>	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
<b>Ham Roll</b>	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
<b>Ham Sandwich White</b>	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
<b>Ham Sandwich Wholemeal</b>	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
<b>Hot Cheesy Quesadillas (V)</b> 	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
<b>Italian Inspired Lasagne (V)</b> 	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
<b>Jacket Potato With Baked Beans (VE)</b>	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
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
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
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	Yes	Yes	No	No	No	No	No	No	No	May	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- Crowlands, 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
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

	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
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	May	No	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
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	Yes	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
<b>Sausage Roll (VE)</b>	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
<b>Sausage Toad in the Hole (VE)</b>	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
<b>Southern Spiced Chicken</b>	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
<b>Spanish Inspired Vegetable Paella (VE)</b>	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
<b>Sticky Chicken</b>	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
<b>Sticky Chicken (Halal)</b>	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
<b>Sweet Chilli Chicken Pasta</b> 	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
<b>Tomato Based Sauce</b> 	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
<b>Tomato Based Sauce- Gluten Free</b>	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
<b>Tomato Ketchup</b>	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
<b>Tomato Ketchup</b>	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
<b>Traditional Roast Turkey</b>	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
<b>Tuna &amp; Sweetcorn Sandwich White</b>	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
<b>Tuna &amp; Sweetcorn Sandwich Wholemeal</b>	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
<b>Tuna Mayo Baguette Malted Wheat</b>	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
<b>Tuna Mayo Baguette White</b>	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
<b>Tuna Mayonnaise Baguette White-Temp</b>	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
<b>Tuna Mayonnaise Roll</b>	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

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
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
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
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
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
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
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
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
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
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
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
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
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

	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
<b>Baked Beans</b>	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
<b>Broccoli</b>	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
<b>Carrots</b>	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
<b>Cauliflower</b>	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
<b>Coleslaw</b>	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
<b>Coleslaw (VE)</b>	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
<b>Corn on the Cob</b>	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
<b>Green Beans</b>	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
<b>Mixed Salad</b>	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
<b>Peas</b>	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
<b>Spring Greens</b>	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
<b>Sweetcorn</b>	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
<b>Beetroot</b>	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
<b>Cherry Tomatoes</b>	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
<b>Cucumber</b>	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
<b>Lettuce</b>	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
<b>Mixed Peppers</b>	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
<b>Pineapple</b>	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
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
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
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
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
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
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
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
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
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
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
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
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
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

	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
<b>Egg &amp; Dairy Free Muffins</b>	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
<b>Fruit Jelly</b>	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
<b>Gluten Free Shortbread</b>	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
<b>Golden Acre Peach &amp; Passionfruit Yoghurt</b>	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
<b>Golden Acre Raspberry Yoghurt</b>	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
<b>Golden Acre Strawberry Yoghurt</b>	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
<b>Marble Cake</b>	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
<b>Marble Sponge (Toffee)</b>	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
<b>Milk Custard</b>	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
<b>Mixed Melon &amp; Grape Fruit Salad</b>	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
<b>Mixed Melon Fruit Salad</b>	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
<b>Orange &amp; Mango Iced Fruit Smoothie</b>	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
<b>Orange Cookie (VE)</b>	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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