	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
MAINS - red choice													
Beef Bolognese	X												
Beef Burger	X					x							
Beef Cobbler	X						X		X				
Beef Lasagne	X						X		X				
Breaded Fish	X			X									
Breaded Fish Fingers	X			X									
Cheese and Bean Pastry Puff	X						X						
Chicken Chow Mein	X					X					X		
Chicken Paprika and Rice	X								X				
Chicken sweetcorn pie	X						X						
Chicken Wrap	x									X			
Cornish pasty	X						X						
Fish cakes	X			X									
Mild Chicken Curry and Rice					x			x					
Pepperoni Pizza	X					X	X						
Roast Chicken													
Sausage Roast													
Tomato and Hidden Veg Pasta Bake	X								X				
Tuna and Sweetcorn Pasta bake	X			X			X						
MAINS - green choice													
Bean and veg pie	X						X						
Cauliflower broccoli bake	X						X						
Cauliflower Cheese	X						X						
Cheese and Broccoli Flan	X		X				X						
Cheese and Potato Pie							X						
Cheese and Tomato Pizza	X						X					X	
Cheese and Tomato Pizza (dairy free)	X												
Cheesey Vegetable Crumble/Mashed Potato**	X						X**		X				
DAIRY FREE PIZZA	X												
Free from pizza													
Glamorgan Veggie Burger	X						X						
Leek and Potato Cake	X		X				X						
Lentil Bolognese	X					X							
Macaroni cheese	X						X						
Mild Quorn Chilli /Rice	X					X	X						
Pasta primavera	X		X										
Pepper Frittata			X				X						
Quorn Bolognaise	X		X				X						
Quorn Burger	X		X				X						
Quorn Roast			X										

	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Quorn Sausage Roast	X		X				X						
Quorn sausage Hot dog	X		X				X						
Ratatouille PASTA	X								X				
Roasted vegetable Wrap	X								X				
Spanish omelette			X				X						
Stir Fry Vegetables/Noodles**	X**					X							
Sweet Potato Curry					x			x					
Vegetable Chow Mein	X						X						
Veg lasagne	X		X										
Veg quiche	X		X				X						
Vegetable and Lentil Stew	X								X				
Vegetable Balti/Rice	X								X				
Vegetable fajitas	X												
Veggie meatballs	X		X			X							
Winter vegetable Risotto									X				
MAINS - Jacket Potato													
Jacket Potato and Beans													
Jacket Potato with beans and cheese**	X						X**						
DESSERTS													
Angel Delight							X						
Chocolate and Banana Sponge Pudding	X		X				X						
Fruit Salad													
Ice Cream							X						
Lemon Biscuits	X						X						
Melon							X						
Oat and Raisin Cookie	X		X				X					X	
Raspberry Sponge	X		X				X						
Sticky Toffee Pudding/Toffee Sauce**	X		X			X	**X						
Vanilla Biscuits	X		X				X						
Vanilla sponge	X		X										