



# ALLERGEN ADVICE

	PEANUTS	NUTS	EGG	FISH	CRUSTACEAN	MOLLUSCS	MILK	SOYA	GLUTEN	CELERY & CELERIAC	MUSTARD	LUPIN	>10PPM SULPHITES
<b>MAIN MEAL OPTIONS</b>													
Barbeque Chicken Wrap & Mixed Salad			•					•	•	•			
Bean Burger & Tomato Sauce							•	•	•		•		
Beef Casserole & Mashed Potato							•	•	•				•
Beef Lasagne							•	•	•				
Beef Stir Fry								•	•				
Cauliflower & Broccoli Bake							•						
Cheese & Ham Potato Bake							•		•				•
Cheese & Ham Roll with Coleslaw & Mixed Salad			•				•	•	•		•		•
Cheese & Tomato Pizza & Jacket Potato							•	•	•				
Cheese Roll & Mixed Salad							•	•	•				
Cheesy Filled Potato Shells							•						
Chicken & Bacon Jambalaya										•			
Chicken Casserole & Crusty Bread							•	•	•				•
Cottage Pie & Mixed Vegetables							•	•	•				•
Country Vegetable Pie							•	•	•				•
Crunchy Cheese & Vegetable Filled Pitta Pockets							•		•		•		
Egg Mayonnaise Roll			•					•	•		•		
Fish Pie				•			•		•				
Fruity Chicken Curry & Rice							•		•				•
Ham & Cheese Filled Potato Shells							•						•
Ham Baguette & Coleslaw			•						•		•		•
Lincolnshire Beef Burger								•	•				
Lincolnshire Sausages							•	•	•				•
Macaroni Cheese & Garlic Bread							•		•				
Mexican Bean Wrap									•				
Mild Korma & Rice							•		•				
MSC Breaded Fish				•					•				
MSC Fishcakes				•					•				
Oven Baked Frittata			•				•						
Quorn Sausage Hot Dog & Ketchup			•				•		•				
Quorn Spaghetti Bolognese			•				•		•				
Roast Beef & Roast Potatoes							•	•	•				•
Roast Chicken, Potatoes & Vegetables							•	•	•				•
Roast Pork							•	•	•				•
Roast Turkey							•	•	•				•
Savoury Minced Beef							•	•	•				•
Sliced Gammon Ham													
Spaghetti Bolognese									•				
Stuffed Pepper							•						
Sweet & Sour Chicken								•	•				
Tomato Pasta Bake							•		•				
Turkey Burger & Tomato Sauce								•	•				
Turkey Roll								•	•				
Vegetable Chilli & Rice									•				
Vegetable Cobbler							•	•	•				•
Vegetable Enchillada							•		•				
Vegetable Spring Rolls									•				
Vegetarian Cassoulet									•				•
Winter Vegetable Crumble							•	•	•				•
Winter Vegetable Lasagne							•	•	•				•
Yorkshire Pudding with Chicken Stew			•				•	•	•				•
<b>JACKET POTATO FILLINGS</b>													
Beans													
Cheese							•						
Tuna				•									
<b>SIDE DISHES</b>													
Baked Beans													
Coleslaw			•								•		
Jacket Potato													
Mashed Potatoes							•						
Mixed Salad													
Mixed Vegetables													
Oven Chips													
Potato Wedges													
Rice													
Roast Potatoes													
Tomato Sauce													
<b>DESSERTS</b>													
Apple Crumble & Custard							•		•				•
Apple Sponge & Custard			•				•		•				•
Banana Cake & Custard			•				•		•				•
Bananas & Chocolate Sauce							•						
Carrot Cake			•				•		•				•
Chocolate Crispie Cake & Satsuma							•		•				•
Chocolate Crunch & Custard			•				•		•				•
Chocolate Muffin			•				•		•				•
Chocolate Pear Sponge & Chocolate Sauce			•				•		•				•
Flapjack									•				•
Fruit Cookie									•				•
Fruit Jelly									•				•
Lemon Muffin			•				•		•				•
Mandarin Jelly									•				•
Oat Fruit Crunch & Custard							•		•				•
Peach Melba Eton Mess			•				•		•				•
Peaches & Cream							•		•				•
Snickerdoodle Cookie			•						•				•
Strawberry Mousse & Shortbread							•		•				•
Vanilla crunch & Chocolate Sauce			•				•		•				•