

## Allergy Menu Information Autumn 2014

Group	Menu Item	Codes	Portion Size	Carbohydrate Count	EU Allergens								
					Milk	Eggs	Cereals Containing Gluten *	Soya	Celery and Celeriac	Mustard	Fish	Peanuts	
M1	Ham and Chicken Rice Bake	SPriH1	175g	10.99g	✓								
M1	Cottage Pie	SPriB14 & C1	200g	21.44g	✓								
M1	Turkey Singapore	PriT2 & SG21	100g	1.94g			✓	✓				✓	
M1	Beef Roast	SPriB6	75g	3.47g					✓				
M1	White Fish Cake	PriF4a	60g	11.85g								✓	
M2	Rooty Rosti	Priv50	90g	11.12g		✓							
M2	Oriental Vegetables	Priv43a	90g	12.11g			✓	✓					
M2	Veggie Sausage Lyonnaise	Priv51 & SG2	168g	19.14g			✓	✓		✓			
M2	Autumn Vegetable Pasta Bake	Priv53	200g	50.57g	✓		✓		✓				
M2	Chilli Bean Enchilada Casserole	Priv54 & Priv26a	101g	14.62g	✓		✓						
Carb	Crusty Bread	C2	32g	16.48g			✓						
Carb	Noodles	C21	100g	38.05g			✓						
Carb	Organic Mashed Potatoes	C1org	100g	22.49g	✓								
Carb	Yorkshire Pudding	C11	40g	12.88g	✓	✓	✓						
Carb	Chips Oven	C10	100g	29.80g									
Carb	Chips Fried	C4	100g	30.10g									
Veg	Green Beans	SV9	80g	5.20g									
Veg	Broccoli	SV12	80g	.80g									
Veg	Oriental Mixed Vegetables	SV41	80g	5.13g									
Veg	Honey Roasted Parsnips and Carrots	SV10	80g	6.23g									
Veg	Peas	SV11	80g	7.44g									
Dessert	Tropical Flapjack	PriHD3b	63g	24.12g			✓						
Dessert	Pineapple Cake	PriHD43 & Y3	83g	27.41g	✓	✓	✓						
Dessert	Fruit Jelly with Cream	PriCD6a	65g	15.90g	✓		✓						
Dessert	Pear and Cocoa Muffins	PriHD44	83g	27.65g	✓	✓	✓						
Dessert	Oatmeal Cookies	PriHD45, PriHD8c, PriHD8g, PriHD8h, PriHD8k	36g	15.98g	✓	✓	✓						
Sauce	Custard	PriHD2	108g	11.82g	✓		✓						
Sauce	Gravy	SG6	30g	1.71g									
Sauce	Ketchup	SG10a	10g	1.74g						✓			

\* Wheat, rye, barley, oats

\*\* Almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia or Queensland

\*\*\* At concentrations more than 100ppm



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M1	Macaroni Cheese	PriV1a & SG1	175g	34.56g	✓		✓					
M1	Beef and Chunky Vegetable Stew	SPriB15a	106g	1.59g								
M1	Meatballs and Tomato Sauce	SPriB9	100g	7.36g			✓		✓			
M1	Roast Chicken	PriCh2b	75g	0g								
M1	MSC Crunchy Salmon	PriF1a	75g	12.71g			✓				✓	
M2	Curried Vegetable Rice	PriV66	200g	19.06g								
M2	Meat Free Mince Bolognese	PriV27	100g	21.10g			✓	✓	✓	✓		
M2	Winter Vegetable Stew	PriV59a	148g	28.09g			✓					
M2	Vegetable Roulade	PriV60	108g	19.18g	✓		✓					
M2	Cheese and Tomato Pizza	PriV9a	125g	30.91g	✓		✓		✓			
Carb	Mashed Potatoes	C1	100g	22.49g	✓							
Carb	Spaghetti	C8	100g	25.20g			✓					
Carb	Organic Roast Potatoes	C3org	100g	22.02g								
Carb	Chips Oven	C10	100g	29.80g								
Carb	Chips Fried	C4	100g	30.10g								
Veg	Broccoli	SV12	80g	.80g								
Veg	Carrots	SV16	80g	5.93g								
Veg	Sweetcorn	SV3	80g	9.28g								
Veg	Harvest Country Vegetables	SV8	80g	6.39g								
Veg	Peas	SV11	80g	7.44g								
Dessert	Double Berry Yoghurt Loaf	PriHD47	76g	28.79g	✓	✓	✓					
Dessert	Winter Spiced Parsnip Cake	PriHD48	77g	33.94g		✓	✓					
Dessert	Orange and Apple Crumble	PriHD42b	65g	11.61g			✓					
Dessert	Honey Apple Cranachan	PriCD13	150g	36.98g	✓		✓					
Dessert	Lemon Curd Shortbread	PriHD49	52g	28.95g		✓	✓					
Sauce	Onion Gravy	SG2	30g	1.03g								
Sauce	Custard	PriHD2	108g	11.82g	✓		✓					
Sauce	Gravy	SG6	30g	1.71g								
Sauce	Ketchup	SG10a	10g	1.74g						✓		

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					Milk	Eggs	Cereals Containing Gluten *	Soya	Celery and Celeriac	Mustard	Fish	Peanuts
M1	Lasagne	PriB2, SG1, & SG3	200g	25.94g	✓		✓		✓			
M1	Nacho Chicken Casserole	PriCH11	150g	12.06g	✓							
M1	Beef Burger	SPriB22 & SG18	95g	4.39g			✓			✓		
M1	Roast Gammon	PriP4	75g	.73g					✓			
M1	MSC Fish Fingers	PriF2	75g	14.03g			✓				✓	
M2	Vegetable Fajitas	PriV58	129g	15.67g	✓		✓					
M2	Chilli Non Carne	PriV26	125g	19.33g			✓	✓		✓		
M2	Homemade Vegetarian Roast	PriV40	125g	24.29g		✓	✓	✓		✓		
M2	Arrabiata Pasta	PriV61	125g	39.25g			✓					
M2	Baked Veggie Fingers	PriV46c & C1	125g	30.26g	✓	✓	✓	✓		✓		
Carb	Crusty Bread	C2	32g	16.48g			✓					
Carb	Rice	C7	100g	23.49g								
Carb	Wedges	C50a	85g	13.76g								
Carb	Organic Mashed Potatoes	C1org	100g	22.49g	✓							
Carb	Chips Oven	C10	100g	29.80g								
Carb	Chips Fried	C4	100g	30.10g								
Veg	Sweetcorn	SV3	80g	9.28g								
Veg	Broccoli	SV12	80g	.80g								
Veg	Autumn Root Roast	SV4	80g	5.70g								
Veg	Peas	SV11	80g	7.44g								
Veg	Baked Beans	SV5	100g	12.50g								
Dessert	Iced Coconut Carrot Cake	PriHD51	90g	31.86g		✓	✓					
Dessert	Orchard Fruit Crunch	PriHD52 & Y2	74g	12.33g			✓					
Dessert	Cranberry and Orange Loaf	PriHD53	69g	30.54g		✓	✓					
Dessert	Cherry Mousse	PriCD14	40g	22.78g	✓							
Dessert	Chocolate and Banana Muffin	PriHD54	93g	32.61g	✓	✓	✓					
Sauce	Custard	PriHD2	108g	11.82g	✓		✓					
Sauce	Onion Gravy	SG2	30g	1.03g								
Sauce	Gravy	SG6	30g	1.71g								
Sauce	Ketchup	SG10a	10g	1.74g						✓		

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					Milk	Eggs	Cereals Containing Gluten *	Soya	Celery and Celeriac	Mustard	Fish	Peanuts	Tree Nuts **	Sesame Seeds
M2	Cheese and Tomato Pizza	PriV9a	125g	30.91g	✓		✓			✓				
M1	Beef Sausages	SPriB1 & SG6	75g	1.15g			✓							
M1	Curried Beef	SPriB19	133g	3.39g	✓									
M1	Roast Pork	SPriP1	75g	3.47g						✓				
M1	Beef Roast	SPriB6	75g	3.47g						✓				
M1	Roast Chicken	PriCh2b	75g	0g										
M1	Roast Gammon	SPriP4	75g	.73g						✓				
M1	MSC Crunchy Salmon	PriF1a	75g	12.71g			✓				✓			
M2	Mini Frittata	PriV8b	103g	4.96g	✓	✓								
M2	Shepherdess Pie	PriV15 & C1	200g	49.42g	✓									
M2	Broccoli Rice Au Gratin	PriV62	175g	21.20g	✓									
M2	Autumn Vegetables in Yorkshire	PriV63	200g	24.40g	✓	✓	✓							
M2	BBQ Veggie Sausages	PriV34 & SG18	75g	8.98g			✓	✓		✓				
Carb	Rice	C7	100g	23.49g										
Carb	Organic Mashed Potatoes	C1org	100g	22.49g	✓									
Carb	Organic Roast Potatoes	C3org	100g	22.02g										
Carb	Chips Oven	C10	100g	29.80g										
Carb	Chips Fried	C4	100g	30.10g										
Veg	Baked Beans	SV5	100g	12.50g										
Veg	Sweetcorn	SV3	80g	9.28g										
Veg	Cauliflower	SV18	80g	1.60g										
Veg	Broccoli	SV12	80g	.80g										
Veg	Roasted Mixed Vegetables	SV4	80g	5.70g										
Veg	Carrots	SV16	80g	5.93g										
Veg	Cabbage	SV40	80g	3.25g										
Veg	Peas	SV11	80g	7.44g										
Dessert	Spiced Apple Cake	PriHD41	92g	29.52g	✓	✓	✓							
Dessert	Citrus Fruit Brownie	PriHD35	73g	28.99g		✓	✓							
Dessert	Winter Squash Cake	PriHD55	66g	23.41g	✓	✓	✓							
Dessert	Fruit Jelly Delight	PriCD6c	42g	22.21g	✓		✓							
Dessert	Iced Oatmeal Raisin Bun	PriHD58	81g	41.46g	✓	✓	✓							
Sauce	Custard	PriHD2	108g	11.82g	✓		✓							
Sauce	Gravy	SG6	30g	1.71g										
Sauce	Ketchup	SG10a	10g	1.74g						✓				

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