

Boston Beans	x												
Leeks							x						
Mash							x						

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Swaledale Sausage, Boston Beans, Mashed Potato, Roast Leeks												
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya
Sausage													
Boston Beans	x												
Leeks							x						
Mash							x						

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Sulphur Dioxide	x

x

Sulphur Dioxide
x
x

Dish	Slow Cooked Lamb Shoulder, Pearl Barley, Root Vegetables, Onion, Thyme Garlic													
<u>Ingredients</u>														
Lamb Shoulder														
Garlic														
Onions														
Thyme														
Pearl Barley*														
Red Wine*														
Knorr Beef Stock *														
Knorr Gluten Free Gravy Granuals														
Root Vegetables														
Carrots														
Parnsip														
Swede														
Red Wine Jus*														
	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Item														
Dish	x	Barley												x

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Slow Cooked Lamb Shoulder, Pearl Barley, Root Vegetables, Onion, Thyme Garlic													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Dish	x	Barley												x

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Thai Green Chicken Curry, Jasmine Rice, Sweetcorn Fritter												
<u>Ingredients</u>													
Thai Green Curry													
Thai Green Curry Paste													
Coconut Milk													
Onion													
Baby Corn													
Brocoli													
Bell Peppers													
Mange Tout													
Jasmine Rice													
Knorr Veg Stock*													
Sweetcorn Fritter													
Sweetcorn													
Cornflour													
Chilli													
Cumin													
Water													
S+P													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Green Thai Curry													
Rice	x												
Sweetcorn Fritter													

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column ***Does not contain Lupin

Dish	Thai Green Chicken Curry, Jasmine Rice, Sweetcorn Fritter												
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Green Thai Curry													
Rice	x												
Sweetcorn Fritter													

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column ***Does not contain Lupin

Dish		Slow Cooked Belly Pork, Chorizo, Beans, Cheese Baked Kale												
<u>Ingredients</u>														
Pork Belly, Chorizo and Beans														
Pork Belly														
Chorizo*														
Onions														
Garlic														
Red Wine *														
Tomato Puree														
Knorr Chicken Stock*														
Borlotti Beans														
Cheddar Cheese *														
Kale														
	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Item														
Pork Belly, Chorizo and Beans	x						x							x
Cheesey Kale							x							

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Dish		Slow Cooked Belly Pork, Chorizo, Beans, Cheese Baked Kale												
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pork Belly, Chorizo and Beans	x						x							x
Cheesey Kale							x							

[illegible]

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Sea Trout, Fine Beans, New Potatos, Cherry Tomatoes, Herb Dressing													
<u>Ingredients</u> Sea Trout * Fine Beans New Potatoes Cherry Tomatoes Garlic Oil Herb Dressing Parsley Coriander Oil Lemon juice Capers *														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Sea Trout					x									
Herb Dressing														x

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Chicken and Ham Hock Pie, Vegetable Squeak													
Ingredients														
Chicken and Ham Hock Pie														
Chicken														
Ham Hock														
Onion														
Garlic														
Plain Flour*														
White Wine *														
Knorr Chicken Stock*														
Double Cream*														
S+P														
Puff Pastry														
Wheatflour *														
Vegetable Squeak														
Potatoes														
Double Cream *														
Butter *														
White Cabbage														
Carrots														
Swede														
Kale														
Fresh Parsley														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Pie	x	Wheat					x							x
Vegetable Squeak							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Chicken and Ham Hock Pie, Vegetable Squeak													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pie	x	Wheat					x							x
Vegetable Squeak							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Lamb Ragout, Buttered Tagliatelle, Chargrilled Courgette													
<u>Ingredients</u> Lamb Ragout Lamb Onions Garlic Beef stock* Red Wine* Carrots Fresh Tomatoes Tomato Puree Cornflour Tagliatelle * Wheatflour* Semolina Butter * Courgettes Lemon Juice S & P														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Lamb	x													x
Tagletelli		Wheat					x							

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Lamb Ragout, Buttered Tagliatelle, Chargrilled Courgette													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lamb	x													x
Tagliatelli		Wheat					x							

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Boneless Roast Chicken Pieces, Tarragon Stuffing Balls, Vegetable Hotpot												
<u>Ingredients</u>													
Chicken Breast													
Chicken Thigh													
S+P													
Veg Oil													
Tarragon Stuffing Balls													
Breadcrumbs *													
Onion													
Fresh Tarragon													
S & P													
Eggs *													
Vegetable Hotpot													
Carrots													
Onion													
Garlic													
Celery*													
Swede													
Knorr Veg Stock*													
Potatoes													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken													
Stuffing Balls		Wheat		x									
Veg Hotpot	x												

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Dish	Boneless Roast Chicken Pieces, Tarragon Stuffing Balls, Vegetable Hotpot												
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chicken													
Stuffing Balls		Wheat		x									
Veg Hotpot	x												x

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column ***Does not contain Lupin

Dish	Slow Braised Beef, Bourguignon Garnish, Pommes Puree, Green Beans													
<u>Ingredients</u>														
Slow Braised Beef														
Diced Beef														
Red Wine*														
Onions														
Carrots														
Tomato Puree														
Garlic														
Baby Onions														
Bacon*														
Mushrooms														
Knorr Gluten Free Gravy Granuals														
Knorr Beef Stock*														
Pommes Puree														
Potatoes														
Butter*														
Double Cream*														
Garlic														
White Pepper														
Salt														
Green Beans														
S & P														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Dish	x													x
Potatoes							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Slow Braised Beef, Bourguignon Garnish, Pommes Puree, Green Beans													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Dish	x													x
Potatoes							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Spiced Corn Fed Chicken, Coconut, Lentil Dhal, Sumac Yoghurt													
<u>Ingredients</u> Spiced Corn Fed Chicken Chicken Ground Cumin Coriander Garlic Chilli Garam Masala Coconut Lentil Dhal Red Lentils Cauliflower Rapeseed Oil Onion Garlic Tinned Tomatoes Ginger Powder Chilli Powder Corriander Fenugreek Tumeric S & P Chopped Corriander Sumac Yoghurt Yoghurt * Olive Oil Lemon juice Ground Sumac S & P Fresh Mint														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Chicken														
Dahl														x
Sumac Yoghurt							x							

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Salmon, Cod and Smoked Haddock Pie, Mashed Potato, Fricassee of Peas													
<u>Ingredients</u>														
Fish Pie														
Salmon														
Cod														
Smoked Haddock														
Onion														
White Wine *														
Veg stock*														
Cream *														
Mashed Potato														
Potatoes														
Cream*														
Butter *														
Fricassee														
Frozen Peas														
Baby Onions														
Garlic														
Veg stock*														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Fish Pie	x				x		x							x
Mash							x							
Peas	x													

* Please state name of Cereal(s) containing Gluten in column

**Please state name(s) of Nut in Column

Dish	Lamb Koftas, Vegetable Pilau, Cucumber and Mint Yoghurt													
Ingredients														
Lamb Koftas														
Lamb Mince														
Cumin														
Garlic														
Salt														
Vegetable Pilau														
Rice														
Ginger														
Chilli														
Onions														
Star Anise														
Tumeric														
Cumin														
Coriander														
Carrots														
Peas														
Green Beans														
Cauliflower														
Mushrooms														
Cucumber and Mint Yoghurt														
Natural Yoghurt*														
Cucumber														
Mint Sauce														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Lamb Kofta														
Vegetable Pilau														
Yoghurt							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Lamb Koftas, Vegetable Pilau, Cucumber and Mint Yoghurt													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Lamb Kofta														
Vegetable Pilau														
Yoghurt							x							

* Please state name of Cereal(s) containing Gluten in column **Please state name(s) of Nut in Column

Dish	Salmon, Glazed Vegetables, Maple Syrup, Sesame Dressing												
<u>Ingredients</u>													
Salmon Fillet*													
Glazed Vegetables													
Maple Syrup													
Green Beans													
Tenderstem Brocoli													
Sugar Snap Peas													
Oil													
S+P													
Sesame Dressing													
Sesame Oil*													
Lime Juice													
Soy Sauce*													
Olive Oil													
Brown Sugar													
	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Item													
Salmon					x								
Glazed Vegetables													
Sesame Dressing											x	x	

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Dish	Salmon, Glazed Vegetables, Maple Syrup, Sesame Dressing												
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Salmon					x								
Glazed Vegetables													
Sesame Dressing											x	x	

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Dish	Traditional Cottage Pie, Cheesy Mashed Potato, Braised Red Cabbage													
<u>Ingredients</u>														
Cottage Pie														
Carrots														
Peas														
Mince Beef														
Beef Stock *														
Red Wine *														
Tomato Paste														
Onions														
Garlic														
Mashed Potato														
Potatoes														
Double Cream *														
Butter *														
Garlic														
White Pepper														
Egg Yolk*														
Cheddar Cheese *														
Braised Red Cabbage														
Red Cabbage														
Red Wine Vinegar*														
Knorr Veg Stock*														
S & P														
Cornflour														
Apples														
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Cottage Pie	x													x
Mash Potato				x			x							
Braised Red Cabbage	x													x

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Dish	Traditional Cottage Pie, Cheesy Mashed Potato, Braised Red Cabbage													
Item	Celery	Cereals containing Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts**	Peanuts	Sesame Seeds	Soya	Sulpher Dioxide
Cottage Pie	x													x
Mash Potato				x			x							
Braised Red Cabbage	x													x

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