

Allergy aware menu

Menu items are free from gluten, soya, milk, fish, peanuts, nuts, sesame seeds, egg, celery, mustard, molluscs, lupins and sulphites.

Breakfast

Orange juice **EC** **V** **VG**

Gluten free white roll **V** **VG**

Margarine **V** **VG**

Honey **EC** **V**

Jam **EC** **V** **VG**

Marmalade **EC** **V** **VG**

Gluten free corn
flakes **V** **VG**

Soya milk
(contains soya) **V** **VG**

Mango and passion fruit
coconut yogurt **EC** **V** **VG**

Mandarin in juice
fruit pot **EC** **H** **V** **VG**

Peach and pear in
juice fruit pot **EC** **H** **V** **VG**

Banana **EC** **H** **V** **VG**

Beverages

Soya milk
(contains soya) **V** **VG**

Oat milk **V** **VG**

Almond milk **V** **VG**

Coconut milk **V** **VG**



Appetisers

Orange juice **EC** **V** **VG**

Tomato soup **EC** **V** **VG**

+ Gluten free
white roll **V** **VG**

Served with margarine **V** **VG**

Mains

Provençal vegetable
bake **H** **V** **VG**

Spicy bean
casserole **H** **V** **VG**

Butterbean and
cauliflower curry **EC** **E** **V** **VG**

Roast chicken in
gravy **H** **V** **VG**

Chicken, bacon and
thyme hotpot **H** **V** **VG**

Sweet and sour chicken **H**

Pork in gravy

Lamb tagine

Steak and mushroom
casserole **H**

Roast beef in gravy **H**

Chilli con carne

Cottage pie **EC**

Desserts

Coconut yogurt **EC** **V** **VG**

Banana **EC** **H** **V** **VG**

Intense berry dried
fruit mix bag **V** **VG**

Snacks

Gluten free white roll **V** **VG**

Margarine **V** **VG**

Honey **EC** **V**

Jam **EC** **V** **VG**

Marmalade **EC** **V** **VG**

Intense berry dried
fruit mix bag **V** **VG**

Seabrook sea salted
crisps **V** **VG**

Coconut yogurt **EC** **V** **VG**

Banana **EC** **H** **V** **VG**

Easy peel orange **H** **V** **VG**

Red apple **H** **V** **VG**

Conference pear **H** **V** **VG**

EC

EASY TO CHEW

H

HEALTHIER EATING

E

HIGH ENERGY

V

VEGETARIAN

VG

VEGAN

