**Barley** Celery Crustacea **Dairy** Egg Fish Gluten Milk **Molluscs** Mustard Pork **Sesame Seeds Soy Sauce** Soya **Sulphites** Wheat Oats

### **MENU A**

Beef Cheeseburger	Wheat	Gluten	Sulphites
Vegetarian QuarterPounder Burger	Wheat	Gluten	Milk
Hash Browns	None		
Baked Beans	None		
		•	
Macaroni Cheese	Wheat	Gluten	Milk
Grilled Salmon Fillet	Fish		
Mixed Salad	None		
Garlic Bread	Wheat	Gluten	Milk
Chilli con Carne	None		
Vegetarian Quorn Chilli con Carne	Egg	Barley	
Vegetable Rice	None		_
Garlic Bread	Wheat	Gluten	Milk
		_	
Roast Chicken	None		
Stuffing	Wheat	Gluten	Oats
Quorn Vegetarian Sausage	Gluten	Milk	Barley
Roast Potatoes	Wheat	Gluten	
Vegetables	None		
Gravy	Wheat	Soya	Barley
Ovenbaked Battered Cod	Wheat	Gluten	Fish
Vegan Quorn Dippers	Wheat	Gluten	
Chipped Potatoes	None		

## **MENU B**

Grilled Pork Sausages	Wheat	Pork		
Quorn Southern Fried Steak	Wheat	Gluten	Milk	Egg
Potato Dice	Wheat			
Green Beans	None			
Gravy	Wheat	Soya	Barley	
		1	1	_
Chicken Fajitas	Wheat	Gluten		•
Quorn Vegetarian Fajitas	Wheat	Gluten	Egg	
Mixed Salad	None			
Garlic Mayonnaise	Egg			
		-		
Chicken Tikka Masala Curry	Milk			
Vegetable Curry	Milk	Egg		
Rice	None		•	
Naan Bread	Wheat	Gluten	Milk	
		7		_
Roast Pork	Pork			_
Stuffing	Wheat	Gluten	Oats	
Cauliflower Cheese	Gluten	Milk		-
Roast Potatoes	Wheat	Gluten		
Mixed Vegetables	None		<u> </u>	_
Gravy	Wheat	Soya	Barley	
Southern Fried Chicken Strips	Wheat	Gluten		
Breaded Mozzarella Sticks	Wheat	Gluten	Milk	Soya
Chipped Potatoes	None			

## **Morning Break**

					_
Bacon & Cheese Roll	Wheat	Gluten	Pork	Milk	Dairy
Bacon Baguette	Wheat	Gluten	Pork		
Bacon Roll	Wheat	Gluten	Pork		
Butchers Sausage in a Roll	Wheat	Gluten	Pork		
Cheese & Tomato Pizza Pocket	Wheat	Gluten	Milk	Dairy	
Chicken Caesar Salad	Wheat	Gluten	Milk	Egg	
Cold Pasta Salad	Wheat	Gluten			
Mackerel Salad	Wheat	Gluten	Fish		
Potato Salad	Egg				
Vegetarian Sausage in a Roll	Wheat	Gluten	Milk	Egg	Dairy
Tuna & Sweetcorn Pasta Salad	Wheat	Gluten	Egg	Fish	
Feta Cheese & Olive Salad	Wheat	Milk	Dairy		
Muller Yoghurts	Wheat	Gluten	Milk		
Low Fat Yoghurts	Milk	Dairy			
Frozen Smoothies	None				
Fresh Fruit	None		_		
Strawberries & Cream	Milk	Dairy			
Milk Shakes	Milk	Dairy			
Water	None		-		
Flavoured Water	None				
Fruit Juices	None				
		_			

#### Sandwiches & Rolls - All Contain:

Wheat	Gluten
-------	--------

Honey Roast Ham & Cheese	Pork	Milk	Dairy
Tuna & Mayonnaise	Fish	Egg	
BLT & Mayonnaise	Pork	Egg	
Egg & Cress	Egg		•
Cheese & Pickle	Milk	Dairy	
Cheese & Cucumber	Milk	Dairy	
Prawn, Lemon Mayonnaise	Crustacea	Egg	
Ham & Cheese Salad	Pork	Milk	Dairy
Duck & Hoi Sin Sauce	Celery	Mustard	
Smoked Salmon & Cucumber	Fish		•
Chicken Tikka & Lettuce	Egg		
Chicken, Sweetcorn & Mayonnaise	Egg	Milk	Dairy
Chicken, Bacon & Mayonnaise	Pork	Egg	

### **QVC Sandwiches & Rolls - All Contain:**

Wheat	Gluten
-------	--------

Ham	Pork	
Egg	Egg	
Tuna	Fish	Egg
Prawn	Egg	Crustacea

### **Panini**

Cheese & Tomato	Wheat	Gluten	Milk	Dairy		
Ham & Cheese	Wheat	Gluten	Pork	Milk	Dairy	
Tuna & Cheese	Wheat	Gluten	Fish	Egg	Milk	Dairy
Pepperoni & Cheese	Wheat	Gluten	Pork	Milk	Dairy	
Bacon	Wheat	Gluten	Pork			•
Sausage	Wheat	Gluten	Pork			

### Pizza

Cheese & Tomato	Wheat	Gluten	Milk	Dairy	
Cheese, Ham & Pineapple	Wheat	Gluten	Pork	Milk	Dairy
Cheese & Pepperoni	Wheat	Gluten	Pork	Milk	Dairy

### **Jacket Potato**

Jacket & Cheese	Milk		
Jacket & Cheese & Beans	Milk		_
Jacket & Tuna Mayonnaise	Fish	Egg	
Jacket & Tuna & Cheese	Fish	Egg	Milk