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| Recipes | Allergens | | | | | | | | | | | | | | | |
| September 2025 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Celery | Cereals with Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustards | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/ Sulphites | Alcohol | Pork |
| Cream of chicken soup (V) | ✔ | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  | ✔ |  |  |
| Vegetables pakoras and curried emulsion (V) | ✔ | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  |  | ✔ |  |  |
| Vegetables and aged cheddar fritters (V) | ✔ | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  | ✔ |  | ✔ | ✔ |  |  |
| Fish and chips | ✔ | ✔ |  | ✔ | ✔ |  | ✔ |  | ✔ |  |  |  | ✔ | ✔ |  |  |
| Hummingbird sponge and cream cheese frosting (V) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  | ✔ |  | ✔ | ✔ |  |  |
| Vegetables soup (V) | ✔ | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  | ✔ |  |  |
| Jacket potato & cheese (con carne or baked beans) | ✔ | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  | ✔ | ✔ |  |  |
| Frangipane tart (V) |  | ✔ |  | ✔ |  |  | ✔ |  |  |  | ✔ |  | ✔ | ✔ |  |  |
| Spinach soup (Ve) | ✔ | ✔ |  |  |  |  |  |  |  |  |  |  |  | ✔ |  |  |
| Plant Buttered Jacket Potato and Toppings (Ve) | ✔ | ✔ |  |  |  |  |  |  | ✔ |  |  |  |  | ✔ |  |  |
| Vegetables and aged cheddar fritters (Ve) | ✔ | ✔ |  |  |  |  |  |  | ✔ |  | ✔ | ✔ | ✔ | ✔ |  |  |
| Vegetables soup (Ve) | ✔ | ✔ |  |  |  |  |  |  |  |  |  |  |  | ✔ |  |  |
| Jacket sweet potato (Ve) | ✔ | ✔ |  |  |  |  |  |  | ✔ |  | ✔ | ✔ | ✔ | ✔ |  |  |
| carrot cake and vegan ice cream (Ve) |  | ✔ |  |  |  |  |  |  |  |  | ✔ |  | ✔ | ✔ |  |  |
| Almonds bites (Ve) |  | ✔ |  |  |  |  |  |  |  |  | ✔ |  | ✔ | ✔ |  |  |
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|  | A logo of a vegetable  AI-generated content may be incorrect. | A white leaf in a yellow circle  AI-generated content may be incorrect. | A crab in a circle  AI-generated content may be incorrect. | A logo of an egg  AI-generated content may be incorrect. | A white fish in a blue circle  AI-generated content may be incorrect. | A yellow circle with white objects on it  AI-generated content may be incorrect. | A bottle and glass of milk  AI-generated content may be incorrect. | A white shell in a red circle  AI-generated content may be incorrect. | A white bottle with liquid in it  AI-generated content may be incorrect. | A white circle with a couple of peanuts  AI-generated content may be incorrect. | A group of nuts in a circle  AI-generated content may be incorrect. | A group of seeds in a circle  AI-generated content may be incorrect. | A logo of peas in a circle  AI-generated content may be incorrect. | A blue circle with white text and two circles  AI-generated content may be incorrect. |  |  |
|  | Celery | Cereals with Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustards | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/ Sulphites | Alcohol | Pork |

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| Month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Initial |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Allergy Advice:**

* Ingredients highlighted in **bold** or annotated with **✔** are allergens that are present in this product
* **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food

Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen