Willoughby Foods Allergen Information

Main Meals	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
BBQ Chicken	x					x										
BBQ Pork	x					x										
Beef Casserole/Stew	x					x										
Cheese & Tomato Pizza	x						x		x						x	
Cheese Burger	x						x									
2.11.15	x		x			x	x		x	x						
Chicken Fried Rice																
Chicken Nuggets																
Cowboy Chicken	x					x										
Fish Cakes	x			x			x			x						
Fish Fingers				x					x							
Hotdogs	x															
Lasagne	x					x	x			x						
Meat Feast Pizza	x						x		x							
Mild Chilli	x					x										
Quorn Brunch	x		x			x									x	
Quorn Fillet	x					x									x	
Quorn Stir Fry	x		x			x									x	
9.11.15																x
Roast Pork																x
Roast Turkey																
Sausage Brunch	x		x				x									
Sausages	x															
Spaghetti Bolognaise/Pasta	x					x										
Tomato & Basil Pasta Bake	x						x								x	
Tuna Pasta Bake	x			x												
Tuna Pasta Salad	x		x	x		x				x						
Vegetable Casserole/Stew	x					x									x	
Veggie Burgers															x	
Veggie Chilli	x					x									x	
Vegetable Hot Pot (Quorn)	x					x									x	
Veggie Pasties (Quorn)	x		x			x	x								x	
16.11.15	x					x									x	

Side Dishes	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Apple Sauce															x	x
Baked Beans															x	x
Broccolli															x	x
Carrots															x	x
Cheese							x								x	
Coleslaw			x							x					x	
Crusty Bread	x														x	
Gravy	x					x									x	
Green Beans															x	x
Jacket Potato															x	x
Mushy Peas																
Peas															x	x
Potato Wedges															x	x
Rice															x	x
Roast Potatoes															x	x
Salad															x	x
Stuffing	x														x	
Yorkshire Pudding	x		x				x						x		x	

Desserts	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Apple Crumble	x						x								x	
Chocolate Sauce							x								x	
Chocolate Sponge	x		x										x		x	
Chocolate Banana Loaf	x		x										x		x	
Chocolate Pudding	x		x										x		x	
2.11.15	x		x			x	x								x	
Cream						x	x								x	
Custard							x								x	
Fruit Jellies																x
Fruit Pudding	x		x										x		x	
Ice Cream							x								x	
Iced St Clements Square	x		x				x						x		x	x
Jam Sponge	x		x										x		x	
Jelly Trifle							x								x	
Lemon Cake	x		x										x		x	
Marble Cake	x		x										x		x	
Mousse	x		x			x	x									x
Rainbow Cake	x		x										x		x	
9.11.15	x		x										x		x	
Sticky Toffee Pudding	x		x				x						x		x	
Yoghurts							x								x	

Packed Lunches	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Cheese & Tomato Wrap	x						x				x				x	
Cheese Mayo Pasta Salad	x		x				x			x					x	
Chicken Salad Bap	x						x				x					
Chicken Salad Wrap	x						x				x					
Dairylea & Cucumber Bap							x									
2.11.15	x		x				x			x	x					
Ham Salad Roll	x						x				x				x	
Philly & Cucumber Bap	x						x				x				x	
Tuna & Sweetcorn Bap	x		x	x			x			x	x					
Tuna & Sweetcorn Mayo Pasta Salad	x		x				x			x	x					