Allergen Table November 2026 – March 2027 CPU Page 1

Recipe Name	Mustard	Soya	Celery and celeriac	Milk	Egg	Fish	Cereals containing gluten	Sesame	Sulphur dioxide and sulphites	Peanut	Nuts	Lupin	Molluscs	Crustaceans
Macaroni Cheese with Crispy Fried Onion		Yes		Yes			Yes							
Vegan Sausage Roll							Yes							
Meatball Calzone with Spicy Potato Wedges		Yes		Yes			Yes							
Minced Beef Curry Dopiaza with Rice														
Jacket Potato with Baked Beans														
Roast Chicken Drumstick, Roast Potatoes & Gravy									Yes					
Moroccan Cauliflower & Chickpea Tagine with Couscous							Yes							
Moroccan Beef Meatball Tagine with Wholemeal Rice														
Moroccan Beef Meatball Tagine with Flatbread							Yes							
Quorn Dippers with Sweet Chilli Sauce							Yes							
MSC Pollock Fish Fingers with Chips		Yes				Yes	Yes							
MSC Salmon & Sweet Potato Fishcake with Chips						Yes	Yes							
Vegemince Spaghetti Bolognaise		Yes					Yes							
Crispy Spinach Puff Pastry Turnovers	Yes	Yes		Yes			Yes					Yes		
Roasted Vegetable Lasagne	Yes	Yes		Yes	Yes		Yes							
Beef Burger with Cajun Potato Wedges							Yes	Yes						
Veggie Bangers with Mashed Potato & Gravy		Yes							Yes					
Minced Beef & Vegetable Cottage Pie									Yes					
Stir Fried Curried Vegetables Strips with Noodles		Yes					Yes							
Malaysian Chicken drumsticks with Rice														
Roasted Mixed Pepper & Tomato Quiche with Chips		Yes		Yes	Yes		Yes							
MSC Bubble Fish Fillet with Chips						Yes								

Allergen Table November 2026 – March 2027 CPU Page 2

Recipe Name	Mustard	Soya	Celery and celeriac	Milk	Egg	Fish	Cereals containing gluten	Sesame	Sulphur dioxide and sulphites	Peanut	Nuts	Lupin	Molluscs	Crustaceans
Asian Noodle Salad		Yes					Yes							
Baked Beans- Veg														
Beetroot & Spring Onion Salad														
Broccoli- Veg														
Carrot & Cucumber Ribbons Salad							Yes							
Carrot & Sultana Salad														
Carrots- Veg														
Cauliflower Salad with Charmoula Dressing														
Chef's House Salad														
Crunchy Coleslaw														
Daily Bread		Yes					Yes	Yes						
Farm Mixed Vegetable-Veg														
Garden Peas- Veg														
Green Beans- Veg														
Green Vegetable Medley- Veg														
Malaysian-Style Pineapple Salad														
Roast Parsnips Fresh-Veg														
Roasted Cauliflower- Veg														
Shredded Green Cabbage- Veg														
Spiced Roasted Carrots-Veg														
Spicy Roasted Mediterranean Vegetables-Veg														
Sweetcorn- Veg														
Apple & Date Yoghurt Crunch				Yes			Yes							
Apricot & Cinnamon Greek Style Yoghurt				Yes										
Assorted Mixed Yogurt (Org)				Yes										
Banana & Mango Fruit Fool with Toasted Coconut				Yes					Yes					
Cheese with Breadstick- Laughing Cow	Yes			Yes			Yes	Yes				Yes		
Fruity Yoghurt Bar with Toppings				Yes			Yes							
Pear & Sultana Yoghurt with Rice Krispies				Yes			Yes							
Seasonal Fresh Fruit Platter														
Seasonal Fresh Fruit Salad														