

Allergy Export

Recipe Name	Suitable for Vegetarians	Suitable for Vegans	Gluten Present	Soya / soya Products Present	Egg / Egg Products Present	Milk / Milk Products Present	Fish / Shellfish Products Present	Additives Present	Artificial Colours Present	Preservatives Present	Seeds / seed Derivatives Present	Peanut (& or Lupin) Present	Tree Nuts / Nut Derivatives Present
477All day Breakfast Wrap (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477American Plant Burger (T) (C)			✓	✗	✗	✗	✗					✗	
477Apple & Cinnamon Flapjack (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Autumn Crumble (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Autumn Fruit Traybake (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Baked Beans (T) (C)	✓		✗	✗	✗	✗	✗					✗	
477Baked Jacket Potato (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477BBQ Cheesy Corn Flatbread(T)(C)			✓	✓	✗	✓	✗					✗	
477BBQ Chicken Thigh (Halal) (T) (C)			✓	✓	✗	✗	✗					✗	
477BBQ Chicken Thigh (T) (C)			✓	✓	✗	✗	✗					✗	
477Beef Burrito ((Halal) (T) (C)			✓	✗	✗	✓	✗					✗	
477Beef Burrito (T) (C)			✓	✗	✗	✓	✗					✗	
477Beef Lasagne (T) (C)			✓	✗	✗	✓	✗					✗	
477Beef Lasagne Halal (T) (C)			✓	✗	✗	✓	✗					✗	
477BNF Tomato sauce (B) (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Boiled White & Brown Rice (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Brown Bread (N) (Mix) (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Buffalo Chicken Slice (Halal) (T)(C)			✓	✗	✗	✗	✗					✗	
477Buffalo Chicken Slice (T)(C)			✓	✗	✗	✗	✗					✗	
477Cauliflower & Broccoli Crunchy Cheese Bake (T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Cheese & Biscuits (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Cheese & Tomato Pizza (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Chick Pea and Coconut Dahl (T)(C) (F50)	✓		✗	✗	✗	✗	✗					✗	
477Chicken & Vegetable Pie (T) (C)			✓	✗	✓	✓	✗					✗	
477Chicken & Vegetable Pie (T) (C) (Halal)			✓	✗	✓	✓	✗					✗	
477Chicken Burger, Bun & Salad (Halal) (T) (C)			✓	✗	✗	✗	✗					✗	
477Chicken Burger, Bun & Salad (T) (C)			✓	✗	✗	✗	✗					✗	
477Chickpea & Spinach Curry(T) (C)	✓		✗	✗	✗	✗	✗					✗	
477Chickpea & Spinach Curry R9 (F50) (T) (C)	✓		✗	✗	✗	✗	✗					✗	
477Chilli Bean Tortilla Stack (T)(C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Chilli Con Carne & Pea Guacamole (T)(C)			✓	✓	✗	✗	✗					✗	
477Chilli Con Carne & Pea Guacamole (T)(C) (Halal)			✓	✓	✗	✗	✗					✗	
477Chocolate Cornflake Cake (T) (C)	✓		✓	✗	✗	✗	✗					✗	
477Chocolate Mousse (T) (C)	✓		✗	✓	✗	✓	✗					✗	

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477Coconut & Lime Cake (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Crispy Italian Chicken Tenders (T) (C)			✓	✗	✗	✓	✗					✗	
477Crispy Italian Chicken Tenders Halal (T) (C)			✓	✗	✗	✓	✗					✗	
477Crispy Potato Shells with Tomato & Basil Sauce (T) (C)			✓	✗	✗	✗	✗					✗	
477Crispy Quorn Nuggets with Tomato Salsa (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Dirty Wedges (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477EasiYo Natural Yoghurt Base (B) (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477EasiYo Yoghurt & Mango Topping (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477EasiYo Yoghurt & Mixed Berry Topping (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477EasiYo Yoghurt & Raspberry Topping (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477EasiYo Yoghurt & Strawberry Topping (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477EasiYo Yoghurt Cherry and Plum Topping (B) (T) (C)	✓		✗	✓	✗	✓	✗					✗	
477Farmhouse Puff Pastry Pie (T)(C)	✓		✓	✗	✓	✓	✗					✗	
477Farmhouse Hash (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477FIS Roasted & Loaded Five Bean Chilli Wedges (T) (C)			✗	✓	✗	✓	✗					✗	
477Fish Finger Pitta (T) (C)			✓	✗	✗	✗	✓					✗	
477Five Bean Chilli non Carne (T) (C)			✗	✓	✗	✗	✗					✗	
477Flaky Puff Pastry Wellington (T)(C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Foccacia (T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Fresh Baton Carrots (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Broccoli Florets (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	✗
477Fresh Carrots and Cabbage (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Diced Swede (T)(C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Fruit Salad (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Fruit Wedges (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Mixed Grapes (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Mixed Melon (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fresh Orange Wedges (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	✗
477Fresh Pineapple (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	✗
477Freshly Made Chocolate Cookie (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Fruit Jelly Pot (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Fruity Bread & Butter Pudding (T) (C)	✓		✓	✓	✓	✓	✗					✗	
477Garden Fresh & Potato Pie (T)(C)	✓		✓	✗	✗	✓	✗					✗	

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477Garden Peas & Carrots (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Garlic and Parsley Bread (T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Ginger Cake (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Grated Cheddar Cheese (T) (C)	✓		✗	✗	✗	✓	✗					✗	
477Green Beans (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Half Jacket Potato (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Handmade Sausage Roll (T) (C)	✓	✓	✓	✓	✗	✗	✗					✗	
477Hearty Sausage Pasta Traybake (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Jerk Chicken (Halal) (T) (C)			✗	✗	✗	✗	✗					✗	
477Jerk Chicken (T) (C)			✗	✗	✗	✗	✗					✗	
477Jerk Hot Dog(T)(C)	✓		✓	✓	✗	✗	✗					✗	
477Korean Baked Cauliflower (T) (C)			✓	✓	✗	✗	✗					✗	
477Leek, Cheese & Potato Pie (T)(C) R9	✓		✓	✓	✗	✓	✗					✗	
477Mac & Cheese (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Mexican Chicken Pie (Halal) (T) (C)			✓	✗	✓	✓	✗					✗	
477Mexican Chicken Pie (T) (C)			✓	✗	✓	✓	✗					✗	
477New Potatoes with Parsley (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Onion bhaji, Slaw and Mango Chutney Wrap (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Oven Baked Breaded Fish (T) (C)			✓	✗	✗	✗	✓					✗	
477Oven Baked Chicken Chipolata Sausages (Halal) (T) (C)			✓	✗	✗	✗	✗					✗	
477Oven Baked Chips (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Oven Baked Fish Fingers (T) (C)			✓	✗	✗	✗	✓					✗	
477Oven Baked Pork Chipolata Sausages (T) (C)			✗	✗	✗	✗	✗					✗	
477Pasta Bolognese (Halal) (T) (C)			✓	✗	✗	✗	✗					✗	
477Pasta Bolognese (T) (C)			✓	✗	✗	✗	✗					✗	
477Pear & Ginger Cake (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Pear Upside Down Cake (T)(C)	✓		✓	✗	✓	✗	✗					✗	
477Plum Sponge Pudding (T) (C)	✓		✓	✗	✓	✓	✗					✗	
477Potato Wedges (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Quorn Loaf Roast (T) (C)	✓		✓	✓	✓	✗	✗					✗	
477Red Pepper and Bean Biryani. (T) (C) (F50)	✓	✓	✗	✗	✗	✗	✗					✗	
477Roast Chicken with Roast Gravy (Halal) (T) (C)			✗	✗	✗	✗	✗					✗	
477Roast Chicken with Roast Gravy (T) (C)			✗	✗	✗	✗	✗					✗	
477Roast Potatoes (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	✗

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477Roasted Cauliflower (T)(C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Roasted Squash (T)(C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Roasted Tomato and Basil Pasta (T) (C)	✓		✓	✓	✗	✗	✗					✗	
477Sausage Pasta Bake (T) (C)			✓	✓	✗	✓	✗					✗	
477Sausage Pasta Bake (T) (C) (Halal)			✓	✗	✗	✓	✗					✗	
477Savoy Cabbage (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477Sliced Wholemeal Bread (T) (C)	✓	✓	✓	✓	✗	✗	✗					✗	
477Southern Baked Chicken Thigh (Halal) (T) (C)			✓	✗	✗	✗	✗					✗	
477Southern Baked Chicken Thigh (T) (C)			✓	✗	✗	✗	✗					✗	
477Southern Baked Halloumi Burger, Bun Salad (T) (C)	✓		✓	✗	✗	✓	✗					✗	
477Spaghetti & Meatballs (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Spiced Packed Rice (T)(C)			✗	✓	✗	✗	✗					✗	
477Sticky Honey & Soy Chicken (Halal) T) (C)			✓	✓	✗	✗	✗					✗	
477Sticky Honey & Soy Chicken (T) (C)			✓	✓	✗	✗	✗					✗	
477Sweet Potato and Cheddar Calzone 2(T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Sweet Potato flatbread - (Bolani) (T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Sweet Potato Spiced Roll (T)(C)	✓		✓	✗	✗	✗	✗					✗	
477Sweetcorn (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	✗
477Tandoori Chicken Flatbread (T) (C)			✓	✓	✗	✓	✗					✗	
477Tandoori Chicken Flatbread (T) (C) (Halal)			✓	✓	✗	✓	✗					✗	
477Teriyaki Noodles with Edamame (T) (C)	✓	✓	✓	✓	✗	✗	✗					✗	
477Tuna Mayonnaise Filling (T) (C)			✗	✗	✗	✗	✓					✗	
477Vegetable Jalfrezi (T)(C)	✓		✗	✗	✗	✗	✗					✗	
477Vegetable Sticks (T) (C)	✓	✓	✗	✗	✗	✗	✗					✗	
477White Bread (N) (Mix) (T) (C)	✓		✓	✓	✗	✓	✗					✗	
477Wholemeal Penne Pasta (T) (C)	✓	✓	✓	✗	✗	✗	✗					✗	
477Wholemeal Pitta Bread (T) (C)	✓		✓	✗	✗	✗	✗					✗	