Monday Monday		HOT WEAR CA CO	CALICACE DATTIC HACHIDDOWN AND CHEECE (C.C. D.)				
### REE BOTTLED WATER CHOOSE A FILLING TOPPING WITH OPTIONAL CHEESE AND BEANS AND A FREE BOTTLE OF WATER Jacket potatoes ### TOASTIES Dessert 50P ### PLAIN HAM (GL,S) HAM AND CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) ### PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) ### PLAIN HAM (GL,S) HAM AND CHE		HOT WRAP £1.60	SAUSAGE PATTIE HASHBROWN AND CHEESE (S,GL,D,) CHICKEN TIKKA (H.G. N) CHICKEN MAYO (H. F.D)				
Jacket potatoes BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F,GF,V,E)	Monday						
TOASTIES Dessert 50P HOT WRAPS £1.60 PULLED BBQ PORK (GL) WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL FREE BOTTLED WATER FEE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) PULLED BBQ PORK (GL) WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL FREE BOTTLED WATER CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) Dessert 50P CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS DESSERT 50P LEMON DRIZZLE SLICE (GL,S,D) CHEESE (GL,S,D) DESSERT 50P LEMON DRIZZLE SLICE (GL,S,D,S) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,E) OPTIONAL CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 BBQ CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER FIRE BOTTLED WATER FIRE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) POUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) E2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER, HASH BROWNS (GF) AND BOTTTED WATER 22 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) CRICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) CRICKEN MAYO (H, E,D) CRICKEN MAYO (H, E,D)		CHOOSE A FILLING TOPPING	WITH OPTIONAL CHEESE AND BEANS AND A FREE BOTTLE OF WATER				
Tuesday HOT WRAPS £1.60 PULLED BBQ, PORK (GL) WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL COLESLAW (D,E,CE) DOESSERT 50P LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) DESSERT 50P LEMON DRIZZLE SLICE (GL,E,S,SD) BBQ CHICKEN AND CHEESE (H,G,G,LD,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (H,G,G,LD,SD) MAY CONTAIN BONES BBQ CHICKEN AND CHEESE (H,G,G,LD,SD) MAY CONTAIN BONES BBQ CHICKEN AND CHEESE (H,G,G,LD,SD) MAY CONTAIN BONES BBQ CHICKEN BURGER (H,G,G) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SG) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SG) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 B	,	Jacket potatoes	BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)				
HOT WRAPS £1.60 PULLED BBQ, PORK (GL) WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) DESSERT 50P LEMON DRIZZLE SLICE (GL,E,S,SD) OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (H,GE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUMA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) BEQ CHICKEN AND CHEESE (H,GE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 BURGER £1.60 BURGER £1.60 BURGER £1.60 BURGER £1.60 CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 CRISPY BACON BITS (SD) CRISPY BACON BITS (SD) CRISPY BACON		TOASTIES	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
Tuesday Tue		Dessert 50P	RASPBERRY JAM DONUTS (E,D,SS,V,GL)				
Tuesday Tue							
Tuesday FREE BOTTLED WATER CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E') BURGER £1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER & CHICKEN MAYO (H, E,D), CRISPY BACON BITS (SD) COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P LEMON DRIZZLE SLICE (GL,E,S,SD) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS DOUBLE CHOCLATE CHIP MUFFINS (GL,E,C,D,C,E) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SE) DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) DOUBLE CHOCLESE (GF,V,D) TUNA MAYO (F.GF			WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL				
TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (EF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D), CRISPY BACON BITS (SD) COLESLAW (D,E CE) JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P COVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 E2 JACKET MEAL DEAL FREE BOTTLED WATER CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)			, , , , , , , , , , , , , , , , , , , ,				
BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (GF) AND BOTTLED WATER 2 MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (H,CE,GL,D,SD) CHEESE (GL,D,S) DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 £2 JACKET MEAL DEAL CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)	Tuesday	JACKET POTATOES	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)				
BURGER £1.60 LAMB KEBAB BURGER (H,GL,SD,) VEGETABLE BURGER (V,D,GL,CE,E) BURGER, HASH BROWNS (GF) AND BOTTILED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D), CRISPY BACON BITS (SD) COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS Friday JACKET POTATOES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MÉAL DEAL £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P LEMON DRIZZLE SLICE (GL,E,S,SD) OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		Dessert 50P	CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts				
BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MÉAL DEAL £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P LEMON DRIZZLE SLICE (GL,E,S,SD) OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES BBQ CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)			LANAD VEDAD DUDGED (U.G. CD.) VEGETADUE DUDGED (V.D.C. CE.E.)				
Wednesday FREE BOTTLED WATER COLESLAW (D,E CE)		BURGER £1.60					
FREE BOTTLED WATER OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P LEMON DRIZZLE SLICE (GL,E,S,SD) OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES DESSERT 50P BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) DESSERT 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		£2 JACKET MEAL DEAL					
JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) Dessert 50P LEMON DRIZZLE SLICE (GL,E,S,SD)		FREE BOTTLED WATER					
Thursday OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF, V) CHEESE (GF, V, D) TUNA (F.GF, V, E) Dessert 50P BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER £1.60 CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER £1.60 CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER £1.60 CHICKEN MAYO (H, E, D) CRISPY BACON BITS (GD, AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E, D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF, V) CHEESE (GF, V, D) TUNA MAYO (F.GF, V, E)	wednesday	JACKET POTATOES	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)				
Thursday OVEN BAKED PANINI'S PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF, V) CHEESE (GF, V, D) TUNA (F.GF, V, E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		Dessert 50P	LEMON DRIZZLE SLICE (GL,E,S,SD)				
PASTIES/SAVOURY £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)							
Thursday #2 JACKET MEAL DEAL FREE BOTTLED WATER BBQ CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)			BBQ CHICKEN AND CHEESE (H,CE,GL,D,SD) MAY CONTAIN BONES				
Thursday FREE BOTTLED WATER CRISPY BACON BITS OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)							
JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E) TOASTIES PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S) Dessert 50P DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)							
BURGER £1.60 BURGER £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES BURGER £1.60 DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS) ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)	Thursday	JACKET POTATOES					
BURGER £1.60 ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S)				
### BURGER #1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		Dessert 50P	DOUBLE CHOCLATE CHIP MUFFINS (GL,E,S,D,SS)				
### BURGER #1.60 BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)			ZINCV CHICKEN DUDGED (U.C.)				
Friday CRISPY BACON BITS (SD) OR COLESLAW (D,E CE) OPTIONAL CHEESE AND BEANS BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		BURGER £1.60					
Friday Priday OPTIONAL CHEESE AND BEANS JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		£2 JACKET MEAL DEAL					
JACKET POTATOES BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)		FREE BOTTLED WATER	· · ·				
TOASTIES PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)	Friday	JACKET POTATOES					
		TOASTIES	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
Dessert 50P DOUBLE CHOCOLATE CHIP COOKIES (GL,D,S,N)		Dessert 50P	DOUBLE CHOCOLATE CHIP COOKIES (GL,D,S,N)				

January 2021											
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	February 2021										
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March 2021										
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April 2021												
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		CTEAN DANE (CLD)				
	PASTIES/SAVOURY £1.50	STEAK BAKE (GL,D) CHEESE AND ONION PASTY (V,GL,D,S)				
Monday	£2 JACKET MEAL DEAL	BEEF BOLOGNESE (GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) OPTIONAL CHEESE AND BEANS				
	JACKET POTATOES	BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)				
	TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
	Dessert 50P	DOUBLE CHOCOLATE CHIP MUFFINS (GL,E,D,S,SS)				
	OVEN BAKED PANINI'S £1.60	ROASTED CHICKEN AND CHEESE (GL,D)				
Tuesday	£2 JACKET MEAL DEAL FREE BOTTLED WATER	HOT CHICKEN TIKKA (H,GL,N) CHILLED CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE OPTIONAL CHEESE AND BEANS				
	JACKET POTATOES	BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)				
	TOASTIES	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
	Dessert 50P	CHOCOLATE BROWNIE (GL,E,D,S) May contain nuts				
	HOT WRAP £1.60	CHICKEN TIKKA WRAPS (H,GL,SS,N,D) WRAP, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL				
Wednesday	£2 JACKET MEAL DEAL FREE BOTTLED WATER	CHILLI BEEF (GF,) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE)				
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	JACKET POTATOES	BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO(F.GF,V,E)				
	JACKET POTATOES TOASTIES	BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO(F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
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,	TOASTIES Dessert 50P	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
	TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D)				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS)				
Thursday	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D)				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE)				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E)				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) MILK CHOCOLATE CHIP COOKIES (GL,D,S,N)				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES TOASTIES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)				
Thursday	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES TOASTIES Dessert 50P BURGER £1.60	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) MILK CHOCOLATE CHIP COOKIES (GL,D,S,N) ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL				
	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES TOASTIES Dessert 50P BURGER £1.60 JACKET POTATOES	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) MILK CHOCOLATE CHIP COOKIES (GL,D,S,N) ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)				
Thursday	TOASTIES Dessert 50P OVEN BAKED PANINI'S £1.60 £2 JACKET MEAL DEAL FREE BOTTLED WATER JACKET POTATOES TOASTIES Dessert 50P BURGER £1.60	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) BLUEBERRY MUFFINS (GL,D,E,S,SS) SWEET CHILLI CHICKEN AND CHEESE (GL,D) ITALIAN CHICKEN (H,GF) CHICKEN MAYO (H, E,D) CRISPY BACON BITS (SD) OR COLESLAW (D,E,CE) BEANS (GF,V) CHEESE (GF,V,D) TUNA MAYO (F.GF,V,E) PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D) MILK CHOCOLATE CHIP COOKIES (GL,D,S,N) ZINGY CHICKEN BURGER (H,GL,)MAY CONTAIN BONES BURGER, HASH BROWNS (GF) AND BOTTLED WATER £2 MEAL DEAL				

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April 2021										
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ALLERGENS KEY

- P PEANUTS
- N NUTS (TREE NUTS)
- D DAIRY PRODUCTS
- S SOVA

MU - MUSTARD

- L LUPIN E-EGGS
- F-FISH
- **GL-GLUTEN**
- CR CRUSTACEANS (PRAWNS)
- MO MOLLUSCS (SCALLOPS, MUSSELS)
- SS SESAME SEED
- CE CELERY
- SD SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



GL-GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F-FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO-MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU-MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.





H-HALAL



GF - GLUTEN FREE