DISHES						Lupin Flour	MIK		MUSTARD				128	- Varia
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
50/50 White/Wholemeal Bread		$\checkmark$											✓	
All Day Breakfast (Sausage & Bacon)														
Apple Pie		$\checkmark$												
Apple Sponge		<b>√</b>												
Apricot Flapjack		<b>√</b>												
Baked Beans														
Bean & Lentil Chilli														
Bean Burger		<b>√</b>												
Beef Bolognaise														
Beef Burger													<b>√</b>	<b>√</b>
Beef Burger in a Bun		✓												✓
Beef Lasagne							<b>√</b>							
Beef Meatballs														
Black Bean Burger		$\checkmark$												
Black Bean Stuffed Peppers							✓							
Breaded Cod Fishfingers		$\checkmark$			✓									
Broccoli														
Brown & White Rice														
Butchers Sausages	$\checkmark$	$\checkmark$							$\checkmark$					<b>√</b>
Butternut Squash & Chickpea Curry														
Cabbage														

DISHES						tupin Flour	Mik		MUSTARD				128	- WHITE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Carrots														
Carrot Cake Cookie		$\checkmark$												
Cauliflower														
Cauliflower & Broccoli Bake							✓							
Cauliflower Cheese							$\checkmark$							
Cauliflower Cheese Crispy Grills		✓					✓							
Cheese & Ham Pin Wheels		✓					<b>√</b>							
Cheese & Leek Pasty		$\checkmark$					$\checkmark$							
Cheese & Tomato Melt		✓					<b>√</b>							
Cheese & Tomato Pasta Melt		✓					<b>√</b>							
Cheese & Tomato Pin Wheels		✓					✓							
Cheese & Tomato Pizza		✓					✓							
Cheese and Bean Pastie		✓					✓							
Cheese and Bean Puff		$\checkmark$					✓							
Chicken Goujons		✓												
Chicken Stir Fry with Brown and White Rice	✓	✓										<b>✓</b>	<b>√</b>	
Chickpea & Roasted Veg Curry														
Chickpea & Spinach Curry														
Chilli con Carne		$\checkmark$												

DISHES						Lupin Flour			MUSTARD				-0=	VINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chips														
Chocolate Cookies		$\checkmark$												
Chocolate Krispie														
Chocolate Mousse							$\checkmark$							
Coconut Cookies		$\checkmark$												
Coleslaw														
Cottage Pie		✓												
Creamy Rice Pudding							$\checkmark$							
Crispy Topped Vegetarian Pie							✓							
Croquette Potatoes		✓												
Crusty Bread		$\checkmark$					✓			Prepared in a factory that has nuts				
Cucumber Sticks														
Dry Roasted Potatoes														
Falafel		$\checkmark$												
Farmhouse Veg														
Fishless Fingers		$\checkmark$												
Five Bean Chilli		$\checkmark$												
French Bread Pizza Slice		✓					✓			Prepared in a factory that has nuts				
Fresh Mixed Salad														
Frozen Yoghurt							<b>√</b>							
Fruit Cocktail														

DISHES						iupin Flour	Mik		MUSTARD				-03	- Verte
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fusilli Pasta		✓												
Fusilli Pasta with a choice of Cheese/Ham/Tuna		<b>√</b>					<b>√</b>							
Gingerbread Biscuits		✓												
Green Beans														
Ham & Cheese Pizza		✓					✓			Prepared in a factory that has nuts & eggs				
Hash Browns														
Homemade Sausage Roll		✓												$\checkmark$
Homemade Veggie Sausage Roll		✓					✓						<b>√</b>	
Hotdog		✓											<b>√</b>	
Jacket Potato with Cheese & Beans							✓							
Jacket Potato with Ham & Beans														
Jacket Potato with Ham & Cheese							✓							
Jacket Potato with Tuna & Sweetcorn					✓									
Jam Tart		✓												
Jumbo Cod Fishfingers		✓			<b>√</b>		✓		<b>√</b>					
Lentil & Vegetable Bolognaise														
Lentil Cottage Pie with Gravy														
Linda McCartney Sausages		✓											<b>✓</b>	<b>√</b>

DISHES						tupin Hour	Mik		MUSTARD				-03	
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Macaroni Cheese		$\checkmark$					✓							
Margarita Pizza		✓					✓			Prepared in a factory that has nuts & eggs				
Mash Potato							<b>√</b>							
Meat Free Veg Pie		$\checkmark$												
Meat Free Veggie Balls		$\checkmark$												
Mediterranean Casserole with Lentils	✓													
Mediterranean Pizza							✓							
Mediterranean Tart		$\checkmark$					$\checkmark$							
Mexican Burrito		✓												
Mild Chicken Curry with Brown and White Rice														
Mixed Bean & Vegetable Bolognaise														
Mushroom & Lentil Ragout with Brown & White Rice														
Nachos														
Not dog		✓											$\checkmark$	$\checkmark$
Oaty Cookies		$\checkmark$												
Onion Gravy		$\checkmark$												
Orange Jelly														
Orange & Mango Sorbet														
Oriental Stir fry	✓	$\checkmark$										<b>√</b>	<b>√</b>	

DISHES		No.				Lupin Flour	Wilk.		MUSTARD				-03	VINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Oven Baked Cod Fillet Fish Fingers		✓			✓									
Peaches														
Peach Crumble		✓												
Peach Melba							<b>√</b>							
Pears														
Peas														
Pitta Bread Pizza		✓					✓							
Pizza Bread		✓												
Pork Meatballs		<b>√</b>												
Pork Sausages		<b>√</b>												$\checkmark$
Potato Wedges														
Quorn Bolognaise		✓		<b>✓</b>										
Quorn Pie		✓		✓										
Roast Beef, Yorkshire Pudding & Gravy		✓		✓			✓						✓	
Roast Chicken, Stuffing & Gravy		✓											✓	
Roast Gammon & Gravy		✓											<b>√</b>	
Roast Pork, Apple Sauce & Gravy		✓											✓	
Roast Quorn Fillet, Stuffing & Gravy		✓		✓									✓	
Roast Turkey, Stuffing & Gravy		✓											<b>√</b>	

DISHES						lupin Flour	Milk		MUSTARD				-03	
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roasted Veg Parcel		✓					✓							
Roasted Vegetable Lasagne		✓					<b>√</b>							
Sausage Casserole	✓	✓												
Sausage Pie		<b>√</b>												<b>√</b>
Sausage Rolls		✓					✓						✓	
Sausage, Yorkshire Pudding & Gravy		✓		<b>√</b>			<b>√</b>							
Smiley Faces														
Spicy Bean Burger		✓												
Strawberry Jelly														
Strawberry Mousse							<b>√</b>							
Strawberry Smoothie														
Stuffed Peppers							<b>√</b>							
Summer Casserole & Dumplings														
Sweet and Sour Vegetable with Brown & White Rice		✓												
Sweet Potato & Lentil Stew														
Sweetcorn														
Tomato														
Tomato Sauce														
Tuna Salad (example)					<b>√</b>									

DISHES				<b>F</b>		apin Flour			MUSTARD	OF THE PROPERTY OF THE PROPERT			-03	YVNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veg & Bean Cottage Pie		✓					✓							
Vegan Burger		✓											✓	
Vegan Mayonaise														
Vegan Nuggets		✓											<b>√</b>	
Vegan Quorn Fillet		✓												
Vegan Sausage		✓											<b>√</b>	
Vegetable & Cheese Bake		<b>√</b>					<b>√</b>							
Vegetable Curry														
Vegetable Fingers		✓												
Vegetable Pasty	$\checkmark$	✓					✓							
Vegetable Stock														
Breakfast													✓	
Vegetarian Sausage Casserole	<b>√</b>	✓												
Vegetarian Toad in the Hole		✓		✓			✓							
Veggie Burger in a Bun		✓												
Veggie Nuggets		<b>√</b>												
Veggie Sausage Roll		<b>√</b>											$\checkmark$	✓
Veggie Sausage, Yorkshire Pudding & Gravy		<b>✓</b>		<b>✓</b>			<b>√</b>							

DISHES						Lipin Flour			MUSTARD				-03	VINIE .
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veggie Sausages (B)		✓					✓							
White Bean & Sweet Potato Chilli														
Wholemeal Dumplings		✓												
Wholemeal Veg Crumble		✓					✓							
Yoghurt														
Yorkshire Pudding		✓		✓			✓							