Allergen Information: School Meals Prepared By R.J & R.B Mailes. Reviewed October 2026.

MC = May Contain due to handling in same preparation area C = Contains W = Wheat B = Barley O = Oats	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk (including lactose)	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Mollusc
BBQ sauce	CWB		MC	MC		C	MC	MC	C	MC	MC	MC		
Baked squash & lentil curry	MC		MC	MC		C	MC	MC	C	MC	MC	MC		
Beef Burger	CW		MC	MC		C	MC	MC	MC	MC	MC	C		
Beef Chilli	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Beef Lasagne	CW		MC	C		MC	C	MC	MC	MC	MC	MC		
Bread Rolls	CW		MC	MC		C	MC	MC	MC	MC	MC	MC		
Butter	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Butternut & chickpea pasta bake	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Chicken Nuggets	CWB		MC	MC		C	MC	MC	C	MC	MC	MC		
Cooked Ham	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Cottage Pie	MC		MC	MC		MC	C	MC	MC	MC	MC	C		
Eton Mess	MC		C	MC		MC	C	MC	MC	MC	MC	MC		
Faggots & Gravy	CW		MC	MC		C	MC	MC	MC	MC	MC	MC		
Fish Fingers	CW		MC	C		MC	MC	MC	MC	MC	MC	MC		
Fish Pie	CW		MC	C		MC	C	MC	MC	MC	MC	C		
Fish Wellington	CW		MC	C		MC	C	MC	MC	MC	MC	MC		
All pasta bakes	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Houmous	MC		MC	MC		MC	MC	MC	MC	MC	C	MC		
Jacket Potatoes	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Korma sauce	MC		C	MC		MC	C	MC	MC	C	MC	MC		
Lamb Crumble	CW		MC	MC		MC	C	MC	C	MC	MC	MC		
Long Grain Rice	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Mashed Potatoes	MC		MC	MC		MC	C	MC	MC	MC	MC	C		
Meat Gravy	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Naan bread	C		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Cheese	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Pasta	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Pork Sausages	CW		MC	MC		MC	MC	MC	MC	MC	MC	C		
All Quiche	CW		C	MC		MC	C	MC	MC	C	MC	C		
All roast meats	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Roast Potatoes	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Sausage Roll	CW		MC	MC		MC	MC	MC	MC	MC	MC	C		
Savoury Crackers	CWB RYE		MC	MC		MC	C	MC	MC	MC	MC	MC		
Shepherd's Pie	CW		MC	MC		MC	C	MC	MC	MC	MC	C		
Sliced Brown Bread	CWB		MC	MC		C	MC	MC	MC	MC	MC	MC		
Sliced White Bread	CW		MC	MC		C	MC	MC	MC	MC	MC	MC		
Dried Fruit	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Tomato Ketchup	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Vegetable Curry	MC		MC	MC		MC	MC	MC	C	C	MC	C		
Vegetable Lasagne	CW		MC	MC		MC	C	MC	C	MC	MC	MC		
Vegetarian Gravy	MC		MC	MC		MC	MC	MC	C	MC	MC	MC		
Veggie korma	MC		C	MC		MC	C	MC	MC	C	MC	MC		
Wraps	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		

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All Casseroles	MC		MC	MC		MC	MC	MC	C	MC	MC	C		
Baked Beans	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Beef Meatballs	CW		MC	MC		C	MC	MC	MC	MC	MC	C		
Chicken & stuffing meatballs	CW		MC	MC		MC	MC	MC	MC	MC	MC	C		
Beef Bolognaise	CB		MC	C		MC	MC	MC	C	MC	MC	MC		
Cream cheese	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Cheese & Potato Pastie	CW		MC	MC		C	C	MC	C	MC	MC	C		
Cheese & potato pie	CW		C	MC		MC	C	MC	MC	MC	MC	MC		
Chicken & Ham pie	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Coleslaw	MC		C	MC		MC	MC	MC	MC	C	MC	MC		
Cottage cheese	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Doughnut	CW		C	MC		MC	C	MC	MC	MC	MC	MC		
All Fish cakes	CW		MC	C		MC	MC	MC	MC	C	MC	MC		
Flapjack	CWO		MC	MC		MC	C	MC	MC	MC	MC	MC		
Garlic Bread	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Hunter's Chicken pie	CWB		MC	MC		C	C	MC	C	MC	MC	MC		
All Fish	MC		MC	C		MC	MC	MC	MC	MC	MC	MC		
Jelly – Contains bovine gelatine	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Marmite Sandwich	CBWO Rye		MC	MC		C	C	MC	C	MC	MC	MC		
Meringue	MC		C	MC		MC	MC	MC	MC	MC	MC	MC		
Nut free roast	C		C	MC		C	MC	MC	C	C	MC	MC		
Crumble topping	CWO		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Pasta Salad	CW		C	MC		MC	MC	MC	MC	C	MC	MC		
Raspberry & vanilla swiss roll	CW		C	MC		C	C	MC	MC	MC	MC	MC		
Rice Pudding	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Roasted mixed vegetable pie	CW		MC	MC		MC	MC	MC	C	MC	MC	MC		
Salad / Veg / Fruit	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Sponge	CW		C	MC	MC	MC	C	MC	MC	MC	MC	MC		
Sweet & Sour sauce	CB		MC	MC		MC	MC	MC	C	MC	MC	MC		
Sweet sticky chicken	MC		MC	MC		C	MC	MC	MC	MC	MC	MC		
Tomato & Lentil Soup	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Tuna & Sweetcorn	MC		C	C		MC	MC	MC	MC	C	MC	MC		
Turkey, Stuffing & Cranberry Wrap	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Vegan Marmite S'wich	CBWO Rye		MC	MC		C	MC	MC	C	MC	MC	MC		
Vegetable Bolognaise	CB		MC	MC		MC	C	MC	C	MC	MC	MC		
Veggie burger	CWB		C	MC		MC	C	MC	MC	MC	MC	MC		
Veggie Shepherd's pie	CWB		MC	MC		C	C	MC	C	MC	MC	C		

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Welsh Cake	CW		C	MC		C	C	MC	MC	MC	MC	MC		
Yoghurt	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
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Apple pie	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Beef hotpot	CW		MC	C		MC	C	MC	C	MC	MC	MC		
Beetroot chutney	CB		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Broccoli cheese	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Brownie	CW		C	MC		C	MC	MC	MC	MC	MC	MC		
Cauliflower cheese	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Cheese savouries	CWB		MC	MC		MC	C	MC	MC	MC	MC	MC		
Chicken curry	CW		MC	MC		MC	C	MC	MC	MC	MC	C		
Chips	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Chocolate cake	CW		C	MC		MC	C	MC	MC	MC	MC	MC		
Scone	CW		C	MC		MC	C	MC	MC	MC	MC	MC		
Chocolate milkshake	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Jam / Marmalade/ Honey	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Custard	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Custard Creams	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Delight - all flavours	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Egg Mayonnaise	CB		C	MC		MC	MC	MC	MC	C	MC	MC		
Egg Pasta Salad	CWB		C	MC		MC	MC	MC	MC	MC	MC	MC		
Fruit smoothie	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Ginger Cake	CWB		C	MC	MC	MC	C	MC	MC	MC	MC	MC		
Gingerbread man	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Gnocchi	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Ice cream	MC		MC	MC		MC	C	MC	MC	MC	MC	MC		
Mayonnaise	MC		C	MC		MC	MC	MC	MC	C	MC	MC		
Muffins	CW		C	MC		MC	C	MC	MC	MC	MC	MC		
Nut free pesto pasta	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Pasta & tomato sauce	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Pizza	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Rice cake	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Roasted butternut	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Roasted veg pasta salad	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Sesame Seed Bun	CW		MC	MC		MC	MC	MC	MC	MC	C	MC		
Sweet biscuit	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Sweet potato bites	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Vegan mash / jacket	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Vegan sausage	CW		MC	MC		C	MC	MC	C	MC	MC	C		
Vegan veggie chilli	CW		MC	MC		C	MC	MC	C	MC	MC	C		
Vegetable samosa	CW		MC	MC		MC	C	MC	MC	MC	MC	MC		
Vegetable soup	CWB		MC	MC		MC	MC	MC	C	MC	MC	MC		
Vegetable Spring Roll	CW		MC	MC		MC	MC	MC	C	MC	MC	MC		
Veggie chilli	CW		C	MC		C	MC	MC	C	MC	MC	MC		
Veggie nuggets	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Violife	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		

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Baked pumpkin risotto	MC		MC	MC		MC	C	MC	C	C	MC	MC		
Jam Bakewell	CW		C	MC		C	C	MC	MC	MC	MC	MC		
Jam tart	CW		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Mexican rice	MC		MC	MC		MC	MC	MC	C	C	MC	MC		
Red lentil lasagne	CW		MC	MC		MC	C	MC	C	MC	MC	MC		
Red lentil lasagne vegan	CW		MC	MC		MC	MC	MC	C	MC	MC	MC		
Scone & jam	CW		MC	MC		C	C	MC	MC	MC	MC	MC		
Seeded Bagel	CWBRye		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Taco	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Thai fish & coconut curry	MC		MC	C		C	MC	MC	MC	MC	MC	MC		
Vegan desserts	MC		MC	MC		C	MC	MC	MC	MC	MC	MC		
Vegan ice cream	MC		MC	MC		MC	MC	MC	MC	MC	MC	MC		
Vegan veggie shepherd's pie	CWB		MC	MC		C	MC	MC	C	MC	MC	C		
Veggie balls	CWB		MC	MC		C	MC	MC	MC	MC	MC	MC		
Vegan hotpot	MC		MC	MC		MC	MC	MC	C	MC	MC	C		