

THE LUNCH BAG



The EU has listed 14 food allergens that must be declared. These include:

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| 1. Sesame Seeds | 8. Mustard |
| 2. Crustaceans | 9. Fish |
| 3. Cereals containing gluten | 10. Lupin |
| 4. Sulphur dioxide & sulphites | 11. Eggs |
| 5. Molluscs | 12. Milk |
| 6. Peanuts | 13. Nuts |
| 7. Soybeans | 14. Celery |

FREE FROM THESE ALLERGENS

- Roast Chicken, Baby Potatoes & Veg
- Halal Friendly! Roast Chicken & Veg
- Plain Rice
- Chicken Paella
- Bean Chilli
- Tomato Ragu
- Veg Cacciatore
- Roast Ham & Cabbage

MAY CONTAIN CELERY

- Meatball Pasta
- Carbonara
- Bolognese Pasta
- Vegan Clusters *
- C&B Pasta

CONTAINS GLUTEN

- Halal Friendly! Chicken Goujons & Wedges *
- Halal Friendly! Chicken Baguette *
- Halal Friendly! Spice Bag *
- Chicken Goujons with Potato Wedges *
- Meatball Pasta
- Chicken Baguette (H) *
- Sausage Baguette *
- Bolognese Pasta
- Mexican Wrap
- Pizza Subb *
- Veg Pizza *
- Plain Pasta (H)
- Vegan Goujons *
- Vegan Clusters *
- Veg Fried Rice
- C&B Pasta
- Carbonara
- Curry Wrap
- Spice Bag *

CONTAINS MILK / DAIRY

- Meatballs, Mash, Veg & Gravy
- Roast Beef, Mash, Veg & Gravy
- Halal Friendly! Roast Turkey
- Halal Friendly! Spice Bag *
- Halal Friendly! Chicken Curry & Rice
- C&B Pasta
- Carbonara
- Baked Potato
- Chicken Curry
- Curry Wrap
- Pizza Subb *
- Veg Pizza *
- Taco Potato
- Shepherds Pie
- Mexican Wrap
- Roast Turkey
- Spice Bag *

CONTAINS SESAME

- Veg Cacciatore
- Vegan Goujons *
- Vegan Clusters *
- Veg Fried Rice

CONTAINS SOYA

- Veg Cacciatore
- Vegan Goujons *
- Vegan Clusters *
- Veg Fried Rice

CONTAINS SULPHITES

- Sausage Baguette *

ADDITIONAL INFORMATION

CONTAINS PEAS / BEANS / LENTILS

- Vegan Goujons *
- Veg Fried Rice
- Chicken Goujons *
- Bean Chilli
- Veg Cacciatore
- Tomato Ragu
- Roasts with Mixed Veg
- Vegan Clusters *
- Shepherd's Pie
- Baked Potato & Beans
- Bolognese Pasta

HALAL FRIENDLY

- Halal Friendly! Chicken Curry & Rice
- Halal Friendly! Roast Turkey
- Halal Friendly! Spice Bag *
- Halal Friendly! Chicken Goujons & Wedges *
- Halal Friendly! Chicken Baguette *

HARAM

- Meatballs served with Mash, Veg & Gravy
- Roast Ham
- Carbonara
- Meatball Pasta
- Sausage Baguette *
- Pizza Subb *

* once a week treat