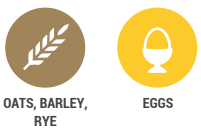
Secondary Menu Autumn Winter 26/27

Please read the disclaimer at the bottom

Item	Contains Allergens	May Contain Allergens	Other Properties
SECMC5 Macaroni Cheese - 1 Serving	WHEAT, MILK	OATS, BARLEY, RYE	VEGETARIAN
SECMC7 Spring Onion, Chive & Black Olive - 1 Serving			VEGETARIAN, VEGAN
SECSD23 Garlic Bread - 1 Serving	WHEAT		VEGETARIAN, VEGAN
SECV69 Chow Mein - 1 Serving	WHEAT, BARLEY, EGGS, SOYA		VEGETARIAN
SECD8 Summer Fruit Muffin - 1 Serving	WHEAT, EGGS, MILK	OATS, BARLEY, RYE	VEGETARIAN
SECSD5 Broccoli - 1 Serving			
SECSF4 Lemon & Garlic Chicken - Theos - 1 Serving			
SECSF9 Khobez Bread - Theos - 1 Serving	WHEAT	MILK, SOYA	VEGETARIAN
SECSF14 Fattoush Salad - 1 Serving	WHEAT	OATS, BARLEY, RYE, MILK, SOYA	VEGETARIAN, VEGAN

Item	Contains Allergens	May Contain Allergens	Other Properties
SECSF18 Yoghurt and Mint Dip - Theos - 1 Serving			
SECSF8 Houmous and Falafel - Theos - 1 Serving			 
SECPEC12 Peckish Super Grain Salad - 1 Serving			 
SECSD47 Pickled Red Onion and Cabbage - 1 Serving			 
SECSF20 Chilli Hot Stuff - Theos - 1 Serving			 
SECD52 Eton Mess - 1 Serving			
SECB3 Beef Lasagne (Added Plant Protein) - 1 Serving			
SECRO03 Buffalo Chicken - 1 Serving			
SECV16 Vegan Cottage Pie - 1 Serving			 
SECSD7 Carrots - 1 Serving			 

Item	Contains Allergens	May Contain Allergens	Other Properties
SECSD8 Gravy - 1 Serving			VEGETARIAN VEGAN
SECD20 Sticky Toffee Apple Crumble - 1 Serving	WHEAT MILK	OATS, BARLEY, RYE	VEGETARIAN
SECD28 Custard - 1 Serving	MILK		VEGETARIAN
SECSR2 Chicken Korma - 1 Serving	MILK		
SECSR8 Sambal - Toasted Coconut - 1 Serving	SULPHITES		VEGETARIAN VEGAN
SECSD39 50/50 Long Grain & Wholemeal Rice - 1 Serving			VEGETARIAN VEGAN
SECSR11 Sambal - Onion Salad - 1 Serving			VEGETARIAN VEGAN
SECSR5 Sweet Potato, Chickpea and Spinach Tikka Curry - 1 Serving	MILK		VEGETARIAN
SECD40 - Flapjack - 1 Serving	OATS	WHEAT, BARLEY	VEGETARIAN VEGAN
SECF7 Battered Fish Fillet - 1 Serving	WHEAT FISH	BARLEY	
SECF1 Salmon Fishcake - 1 Serving	WHEAT FISH		

Item	Contains Allergens	May Contain Allergens	Other Properties
SECSD4 Chips - 1 Serving			
SECSD6 Peas - 1 Serving			
SECV70 Nasi Goreng - 1 Serving			
SECSD52 Vegetable Spring Rolls x2 (THEOS) - 1 Serving			
SECSD29 Curry Sauce - 1 Serving			
SECD41 Chocolate Orange Cookie - 1 Serving			
SECSD53 House Salad - 1 Serving			
SECV71 Mushroom & Lentil Lasagne Al Forno - 1 Serving			
SECV67 Thai Basil Noodles - 1 Serving			
SECSD57 Garlic Sauteed Cabbage - 1 Serving			

Item	Contains Allergens	May Contain Allergens	Other Properties
SECP4 Pork Sausage - 1 Serving	WHEAT, SOYA, SULPHITES		
SECCH11 Halal Chicken Sausage - 1 Serving	WHEAT, SULPHITES		
SECSD3 Mashed Potatoes - 1 Serving	MILK		VEGETARIAN
SECD6 Chocolate Beetroot Brownie - 1 Serving	WHEAT, EGGS	OATS, BARLEY, RYE	VEGETARIAN
SECSD26 Onion Gravy - 1 Serving			VEGETARIAN, VEGAN
SECV72 Banh Mi Hounddog - 1 Serving	WHEAT	OATS, BARLEY, RYE, EGGS, SESAME	VEGETARIAN, VEGAN
SECV19 Vegan Sausage - 1 Serving	WHEAT		VEGETARIAN, VEGAN
SECD35 Jam and Coconut Sponge - 1 Serving	WHEAT, EGGS, SULPHITES	OATS, BARLEY, RYE	VEGETARIAN
SECCH23 Chicken Quesadilla - 1 Serving	WHEAT, MILK	OATS, BARLEY, RYE	
SECMK8 Cucumber Salsa - 1 Serving	SULPHITES		VEGETARIAN, VEGAN

Item	Contains Allergens	May Contain Allergens	Other Properties
SECSF21 Amba Chicken - 1 Serving	 SULPHITES	 OATS, WHEAT, BARLEY, RYE	
SECMK14 - Vegan Chilli - 1 Serving	 SOYA		 VEGETARIAN  VEGAN
SECMK9 Tomato Salsa Topping - 1 Serving			 VEGETARIAN  VEGAN
SECD37 Iced Sponge - 1 Serving	 WHEAT  EGGS	 OATS, BARLEY, RYE	 VEGETARIAN
SECF8 Fishfinger Potato Roll - 1 Serving	 WHEAT, RYE  FISH	 OATS, BARLEY  EGGS  MILK  MUSTARD SESAME  SOYA  LUPIN	
SECSD54 Sweet Chilli & Lime Mayo - 1 Serving			 VEGETARIAN
SECV68 New York Deli Pickle Burger - 1 Serving	 WHEAT  EGGS  MUSTARD	SESAME	 VEGETARIAN
SECD16 Cherry Apple Crumble - 1 Serving	 OATS, WHEAT	 BARLEY, RYE	 VEGETARIAN  VEGAN
SECV12 Red Lentil Vegan Bolognaise - 1 Serving	 SOYA	 WHEAT, BARLEY	 VEGETARIAN  VEGAN

Item	Contains Allergens	May Contain Allergens	Other Properties
SECV63 Chilli and Garlic Tofu Noodles - 1 Serving	WHEAT, EGGS, SOYA		VEGETARIAN
SECSD10 Spaghetti Pasta - 1 Serving	WHEAT		VEGETARIAN, VEGAN
SECD50 Chocolate Swirl - 1 Serving	WHEAT, MILK, SOYA	OATS, BARLEY, RYE, EGGS	VEGETARIAN
SECY1 Greek Gyros Chicken (Theos) / Chicken Souvlaki - 1 Serving		MILK, MUSTARD, SOYA	
SECY12 Homemade Greek Chicken Gyros/ Souvlaki - 1 Serving	SULPHITES	OATS, WHEAT, BARLEY, RYE	
SECSD59 Lemon & Herb Rice - 1 Serving			VEGETARIAN, VEGAN
SECY7 Greek Salad - 1 Serving	MILK		VEGETARIAN
SECY4 Greek Feta, Honey and Spinach Parcel - 1 Serving	WHEAT, MILK, SULPHITES		VEGETARIAN
SECY5 Sliced Potatoes - 1 Serving			VEGETARIAN, VEGAN
SECD42 Pineapple Upside Down Cake - 1 Serving	WHEAT, EGGS	OATS, BARLEY, RYE	VEGETARIAN

Item	Contains Allergens	May Contain Allergens	Other Properties
SECCH13 Roast Chicken Thigh - 1 Serving			
SECSD21 Roast Potatoes - 1 Serving			VEGETARIAN VEGAN
SECSD49 Sage & Onion Stuffing - 1 Serving	WHEAT		VEGETARIAN VEGAN
SECSD13 Cauliflower - 1 Serving			VEGETARIAN VEGAN
SECV35 Roasted Quorn Fillet - 1 Serving	WHEAT		VEGETARIAN VEGAN
SECD30 Plum Crumble - 1 Serving	OATS, WHEAT	BARLEY, RYE	VEGETARIAN VEGAN
SECV45 Vegetable and Chickpea Tagine - 1 Serving			VEGETARIAN VEGAN
SECD33 Chocolate Crunch Cake - 1 Serving	WHEAT, EGGS	OATS, BARLEY, RYE	VEGETARIAN
SECF4 Breaded Fish - 1 Serving	WHEAT, FISH	BARLEY	
SECSD31 Mushy Peas - 1 Serving			VEGETARIAN VEGAN

Item	Contains Allergens	May Contain Allergens	Other Properties
SECROO1 Herbed Grains - 1 Serving	WHEAT	OATS, BARLEY, RYE; MUSTARD; SOYA	VEGETARIAN; VEGAN
SECSD50 Cucumber Shaker Salad - 1 Serving	WHEAT; SOYA		VEGETARIAN; VEGAN
SECD5 Apple Pie - 1 Serving	WHEAT	OATS, BARLEY, RYE	VEGETARIAN; VEGAN
SECSD58 Vietnamese Loaded Fries - 1 Serving	WHEAT; SOYA	CELERY; MUSTARD	VEGETARIAN; VEGAN
SECV60 Cheese and Bean Pasty - 1 Serving	WHEAT; MILK		VEGETARIAN
SECD51 Peach Upside Down Cake - 1 Serving	WHEAT; EGGS	OATS, BARLEY, RYE	VEGETARIAN
SECROO2 Roasted Broccoli - 1 Serving			VEGETARIAN; VEGAN

* This allergen matrix is ONLY VALID if you are using the products shown on the recipes identified by the coded menu. If you are using different products or not following recipes, you MUST complete a blank FS13 sheet. All allergen champions must regularly check deliveries against FS13's to ensure information is correct.

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