

### Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
NGCI Beef & Hidden Veg Pasta Bolognese, Garlic Bread, Green Salad PRI								Y				M			
NGCI Veggie Penne Pasta Bolognese, Garlic Slice & Green Salad PRI								Y				M			
Toffee Apple Slices & Vanilla Ice Cream PRI										Y					
NGCI Cowboy Pie Mash topped Sausage & Bean Pie with Carrots PRI														Y	
NGCI & MF Baked Bean & Vegetable Cowboy Pie & Carrots PRI															
NGCI MF Crispy Chocolate Cornflake Cakes PRI															
NGCI Roast Chicken, Roasties, Fresh Veg & Gravy PRI															
NGCI Cheese, Veg & Spinach Pastry Roll Crispy Roasties & Fresh Veggies & Gravy PRI									Y	Y					
NGCI Golden Syrup Sponge PRI									Y	M					

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NGCI Mild Chilli Beef & Cheese Homemade Nachos Oven Baked Potato Wedges & Sweetcorn PRI										Y					
NGCI Cheese & Veggie Homemade Nachos Oven Baked Potato Wedges & Sweetcorn PRI										Y					
NGCI Pineapple Upside Down Cake PRI									Y						
NGCI Ginger Cookie PRI															
NGCI Margherita Pizza, Pasta Salad & Crudites PRI								Y		Y		M			
Jelly & Fruit PRI															
NGCI Beef Burger, Wedges & Garden Peas PRI									Y						
NGCI Super Veggie Burger, Wedges & Peas PRI															
NGCI Marble Sponge Cake									Y						
Roast Gammon, Roasties, Fresh Veg & Gravy PRI															
NGCI & MF Quorn Fillet Root Veg Traybake, Roasties & Gravy PRI									Y					Y	1
NGCI Chocolate Brownie PRI									Y						
Chicken Tikka Masala, Wholegrain Rice & Indian Carrots & Peas PRI								Y		Y	Y	Y			
Veggie Korma, Wholegrain Rice & Indian Carrots & Peas PRI												Y			
NGCI Apple Sponge Cake PRI									Y	M					
NGCI Fish Fingers, Chips & Baked Beans PRI				Y											

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NGCI Cheesy Bean Wrap, Chips & Beans PRI										Y					
NGCI Vanilla Cookie PRI															
NGCI Margherita Pizza, Pasta & Sweetcorn Salad PRI								Y	Y	Y		M			
NGCI & MF Vegetable Pasta Bake, Garlic Slice & Sweetcorn PRI								Y				M			
NGCI Sticky Banana Pudding PRI									Y	M					
NGCI Toad in the Hole, Mash, Green Beans, Gravy PRI									Y	Y				Y	
NGCI Quorn Toad in the Hole, Mash, Green Beans, Gravy PRI									Y	Y					
NGCI & DF Lemon Cookie PRI															
Quorn Roast, Roasties, Fresh Veg & Gravy PRI									Y	Y					
NGCI Homemade Chicken Nuggets, Baked Wedges, Broccoli PRI									Y						
NGCI Macaroni Cheese Bake & Broccoli PRI						M		Y		Y		M			
NGCI Apple Crumble & Custard PRI										Y					
NGCI Shortbread Biscuits PRI															

\* Allergens marked with 'M' may contain that allergen.

■ Yes    ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts