

# Allergen information for teachers and parents

## Autumn Menu 2017

Revised 2/10/2017



Everyday Menu Items															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Tuna Mayonnaise				✓	✓				✓						
Cheeses (all)							✓								
Mixed Biscuits		✓				✓	✓					✓	✓		
Smoked Salmon					✓										
Gammon Ham															Nitrate
Baguettes		✓										✓			
Pesto Pasta Salad <b>G E</b>		✓		✓		✓	✓								
Vegetable Pasta Salad <b>G E</b>		✓		✓		✓									Courgette Tomato
Salad Dressing									✓						
Potato Salad				✓					✓						
Coleslaw				✓					✓						
Baked Beans														✓	Cannellini
Picnic Lunches <b>G D</b>		✓				✓	✓								
Natural Yoghurt							✓								
Puree Meals	✓	✓		✓	✓	✓	✓		✓	✓		✓	✓		Tomato
Humus												✓			
Sauces & Gravies <b>G D</b>	✓	✓				✓	✓								
Ice Creams (all) <b>D E</b>				✓			✓						✓		
Custard <b>G D</b>		✓				✓	✓						✓		

Week 1															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Pork Sausages <b>G</b>	✓	✓													
Quorn Sausages		✓		✓											
Banana Split <b>G D E</b>		✓		✓			✓								
Macaroni Cheese <b>G</b>		✓		✓			✓								
Tiramisu		✓		✓			✓								
Roast Turkey <b>G</b>	✓	✓							✓						
Roast Quorn	✓	✓		✓					✓						
Fruit crumble <b>D</b>		✓					✓								
Beef cottage pie	✓								✓						Tomato
Quorn cottage pie	✓			✓					✓						Tomato
Crispy cod fillet		✓		✓	✓		✓								
Frittata				✓											
Sticky Toffee Pudding		✓		✓			✓								

Unlisted items do not contain the above allergens

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Week 2															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Chicken Korma	✓						✓		✓						Tomato
Quorn Korma	✓			✓			✓		✓						Tomato
Naan Bread		✓					✓								
Winter Berry Pavlova <b>D</b>				✓			✓								
Pizza		✓					✓								Tomato
Chicken Chasseur	✓								✓						Tomato
Quorn Chasseur	✓			✓					✓						Tomato
Flapjack		✓													
Beef Meatballs	✓								✓						Tomato
Quorn Meatballs	✓	✓		✓					✓						Tomato
Syrup Sponge		✓		✓											
Cod with Parsley Sauce					✓		✓								
Vegetable Pasty <b>G E</b>	✓	✓		✓			✓								
Vanilla Cheesecake		✓		✓			✓								

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Week 3															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Smoky Beef Chilli	✓								✓						Kidney Beans / Tomato
Smoky Quorn Chilli	✓	✓		✓					✓						Kidney Beans / Tomato
Knickerbocker Glory <b>G D E</b>		✓		✓			✓								
Chicken & Ham Pasty <b>G E</b>	✓	✓		✓					✓						
Omelette				✓											
Cheesy Mushroom Crepe		✓		✓			✓								
Profiteroles		✓		✓			✓								
Parmesan Chicken <b>G D E</b>		✓		✓			✓								
Cheesy Quorn Fillet <b>D</b>		✓		✓			✓								
Chocolate Brownie				✓											
Smoked Mackerel Fishcakes		✓		✓	✓										
Vegetable Fritters		✓		✓											
Carrot Cake		✓		✓											

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