

Allergen information for teachers and parents

Spring Menu 2018

Revised 29/12/2017



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 G E		✓		✓		✓	✓								
Vegetable Pasta Salad G E		✓		✓		✓									Courgette Tomato
Salad Dressing									✓						
Potato Salad				✓					✓						
Coleslaw				✓					✓						
Baked Beans														✓	Cannellini
Picnic Lunches G D		✓				✓	✓								
Natural Yoghurt							✓								
Puree Meals	✓	✓		✓	✓	✓	✓		✓	✓		✓	✓		Tomato
Hummus												✓			
Sauces & Gravies G D	✓	✓				✓	✓								
Ice Creams (all) D E				✓			✓						✓		
Custard G D		✓				✓	✓						✓		

Week 1															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Smoky Chilli Beef	✓								✓						Tomato
Smoky Chilli Quorn	✓	✓							✓						Tomato
Knickerbocker Glory G D		✓					✓								
Wholemeal Pizza		✓				✓	✓								Tomato
Apple Tart		✓		✓			✓								
Roast Turkey G		✓							✓						
Cheese/Mushroom Crepe	✓	✓					✓								
Chocolate Brownie				✓											
Creamy Chicken D	✓						✓								
Creamy Quorn Fillet D	✓	✓					✓								
Crispy cod fillet G D		✓		✓	✓		✓						✓		
Tartar Sauce				✓											
Homity Pie		✓					✓								
Pineapple Sponge		✓		✓		✓									

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 D	✓						✓								Tomato
Quorn Korma D	✓	✓		✓			✓								Tomato
Naan Bread		✓					✓								
Banana split G D		✓		✓			✓								
Pork Sausage G	✓	✓							✓					✓	
Quorn Sausage	✓	✓		✓					✓						
Jelly & Cream							✓								
Roast Beef G D	✓	✓					✓								
Stuffed Mushroom		✓					✓			✓					
Fruit Flapjack		✓													
Turkey & Ham Pasty G	✓	✓		✓					✓						
Cheese & Onion Pasty G		✓		✓			✓								
Salmon & Dill Fishcakes		✓		✓	✓										
Omelette				✓											
Carrot Cake		✓		✓											

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Week 3

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Beef Bolognese G E	✓	✓		✓											Tomato
Quorn Bolognese G	✓	✓		✓											Tomato
Garlic Bread		✓													
Fruit Pavlova D				✓			✓								
Mac. Cheese & Bacon G		✓		✓			✓		✓						
Mac. Cheese & Peppers G		✓		✓			✓								
Roast Quorn				✓			✓								
Baked Cheesecake		✓		✓		✓	✓								
Southern Chicken G		✓		✓											
Southern Quorn Fillets		✓		✓											
Fruit Flapjack		✓													
Roast Cod					✓										
Frittata				✓											
Sticky Toffee Pudding D		✓		✓		✓									
Toffee Sauce							✓								

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