

# Allergen information for teachers and parents

## Summer Menu 2018

Revised 13/05/2018



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
Hummus												✓			
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
Beef Meatballs <b>G</b>	✓	✓							✓						Tomato
Quorn Meatballs	✓	✓		✓					✓						Tomato
Banana Split <b>G D</b>		✓		✓			✓								
BBQ Chicken Wraps <b>G</b>		✓													
Quorn Wraps <b>G</b>		✓		✓											
Chocolate Brownie <b>G D</b>				✓											
Cheese & Mush. Crepe		✓		✓			✓								
Fruit Flapjack		✓													
Pizza (various)		✓					✓								Tomato
Cod & Caper Fishcakes		✓		✓	✓										
Omelette				✓											
Tartar Sauce				✓											
Carrot Cake		✓		✓											

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 <b>D</b>	✓						✓								Tomato
Quorn Korma <b>D</b>	✓	✓		✓			✓								Tomato
Naan Bread		✓					✓								
Beef Lasagne	✓	✓		✓			✓		✓						Tomato
Quorn Lasagne	✓	✓		✓			✓		✓						Tomato
Garlic Bread		✓													
Roast Turkey <b>G</b>	✓	✓							✓						
Roast Quorn <b>G</b>	✓	✓							✓						
Vanilla Cheesecake		✓		✓			✓								
BFC Chicken Burger <b>G</b>		✓		✓											
Veggie Burger <b>G</b>		✓		✓											
Roast Cod					✓										Tomato
Goats Cheese Tart <b>G</b>		✓					✓								Tomato
Sticky Toffee Pudding <b>D</b>		✓					✓								

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### Week 3

															
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Creamy Tuna Bake <b>G</b>		✓		✓	✓		✓								Tomato
Cheesy Veg. Bake <b>G</b>		✓		✓			✓								Tomato
Garlic Bread		✓													
Knicker Bocker Glory <b>G D E</b>		✓		✓			✓								
Chicken & Ham Pasty <b>E</b>		✓		✓											
Cheese Pasty <b>G E</b>		✓		✓			✓								
Sausage Toad <b>G D</b>	✓	✓		✓			✓		✓						
Quorn Sausage Toad	✓	✓		✓			✓		✓						
Fruit Flapjack		✓													
Mac. Cheese with Bacon <b>G</b>		✓		✓			✓								
Mac. Cheese with Pep. <b>G</b>		✓		✓			✓								
Ice Cream Sandwich <b>G D</b>		✓		✓			✓								
Fish & Chips <b>G D</b>		✓			✓		✓								
Frittata				✓											
Profiteroles		✓		✓			✓								

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