

Allergen information for teachers and parents

Autumn Menu 2018

Revised 9/10/2018



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 G E		✓		✓		✓	✓								
Vegetable Pasta Salad G E		✓		✓		✓									Courgette Tomato
Salad Dressing									✓						
Potato Salad				✓					✓						
Coleslaw				✓					✓						
Baked Beans														✓	Tomato
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
Beef Bolognese/Pasta G	✓	✓		✓					✓						Tomato
Veggie Bolognese/Pasta G	✓	✓		✓					✓				✓		Tomato
Garlic Bread		✓													
Banana Split G D E		✓		✓			✓								
Pizza G		✓					✓								Tomato
Jellies & ice cream D E				✓			✓		✓				✓		
Chicken Chasseur	✓								✓						Tomato
Quorn Chasseur	✓			✓					✓						Tomato
Fruit crumble D		✓					✓								
Sausage/onion gravy G	✓	✓	✓						✓						
Veg. Sausage/Onion Gravy	✓	✓							✓						
Crispy cod fillet G		✓			✓										
Frittata				✓											
Sticky Toffee Pudding		✓		✓			✓								

Unlisted items do not contain the above allergens

Allergen information for teachers and parents

Autumn Menu 2018

Revised 9/10/2018



Week 2

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame / Seeds	Soya	Sulphur Dioxide	Other
Chicken Korma D	✓						✓								Tomato
Vegetable Korma D	✓						✓								Tomato
Naan Bread		✓		✓			✓								
Winter Berry Pavlova D				✓			✓								
Meatballs G	✓	✓							✓						Tomato
Quorn Meatballs	✓	✓		✓					✓						Tomato
Roast Turkey with Stuffing G	✓	✓							✓						
Quorn Fillets with Stuffing G	✓	✓							✓						
Fruit Flapjack		✓													
Beef Cottage Pie	✓								✓						Tomato
Vegetarian Cottage Pie	✓	✓											✓		Tomato
Ice Cream Sandwich		✓		✓			✓						✓		
Steamed Cod					✓		✓								
Omelette				✓											
Baked Cheesecake		✓		✓			✓								

Unlisted items do not contain the above allergens

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 Vegetarian Chilli	✓	✓		✓					✓				✓		Kidney Beans / Tomato
Knickerbocker Glory G D E		✓		✓			✓								
Chicken & Ham Pastry E	✓	✓		✓			✓		✓						
Cheese, potato pasty G E	✓	✓		✓			✓		✓						
Roast Pork	✓								✓						
Cheesy Mushroom Crepe		✓		✓			✓		✓						
Profiteroles		✓		✓			✓								
Parmesan Chicken G D		✓		✓			✓								
Cheesy Quorn Fillet D		✓		✓			✓								
Chocolate Brownie				✓											
Tuna Steak					✓										Tomato
Baked Halloumi				✓											Tomato
Carrot Cake D		✓		✓			✓								

Unlisted items do not contain the above allergens