



Food Hypersensitivity (Allergen) information

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

These are:

| | | | | | | |
|--------|--------|-------------|--------|--------|-------|-----------|
| Gluten | Celery | Crustaceans | Egg | Fish | Lupin | Mustard |
| Nut | Milk | Molluscs | Peanut | Sesame | Soya | Sulphites |

Food Hypersensitivity (Allergen) information for Term 6 2024

| Blue option – Jacket potato choices | |
|--------------------------------------|----------------------|
| Filling | Allergens |
| Tuna mayonnaise | FISH |
| Baked beans | NONE |
| Coleslaw | NONE |
| Cheese | MILK |
| Blue option – Pasta choices (GLUTEN) | |
| Topping | Allergens |
| Tomato & Basil sauce | NONE |
| Cheese | MILK |
| Yellow option – Sandwich choices | |
| Ingredient | Allergens |
| Wrap/Bread /Baguette | GLUTEN, SOYA, SESAME |
| Cheese | MILK |
| Ham | NONE |
| Egg mayonnaise | EGG |
| Tuna mayonnaise | FISH |
| Coleslaw | NONE |

The yoghurt that we provide as an alternative option each day for our puddings contains **MILK**.

We are able to provide GLUTEN free or VEGAN fillings on our deli, pasta and jacket options for those children whose parents have notified school that they require VEGAN or GLUTEN free.

Week A

| Monday | | |
|--------------|--------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Veggie meatballs and rice (VG) | SOYA (meatballs) |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA |
| Dessert | Lemon shortbread (VG) | GLUTEN (flour), May contain SOYA |

| Tuesday | | |
|--------------|------------------------------------|---|
| Meal choice | Meal description | Allergens |
| Red option | Crispy bacon and spinach spaghetti | GLUTEN (spaghetti) |
| Green option | Sweet potato frittata fingers (V) | EGG (egg) |
| Dessert | Carrot cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA |

| Wednesday | | |
|--------------|---|---|
| Meal choice | Meal description | Allergens |
| Red option | Roast chicken, roast potatoes & Yorkshire pudding | MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA |
| Green option | Veggie cowboy pie with roast potatoes (VG) | GLUTEN (pastry) |
| Dessert | Fruit jelly (VG) | NONE |

| Thursday | | |
|--------------|----------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Beef lasagne | GLUTEN (pasta and bechamel sauce) MILK (cheese and bechamel sauce) |
| Green option | Roasted vegetable flatbread (VG) | GLUTEN (flatbread) ** |
| Dessert | Chewy chocolate biscuits (VG) | GLUTEN (flour), May contain SOYA |

| Friday | | |
|--------------|---------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish fingers & chips | FISH, GLUTEN (breadcrumbs) |
| Green option | Fishless fingers and chips (VG) | GLUTEN & SOYA (fishless finger) |
| Dessert | A Selection of Home Baking (V) | GLUTEN (flour), EGG (egg) May contain SOYA |

* This option can be provided allergy free by removing the Yorkshire pudding

** Gluten free using replacing the flatbread with a tortilla wrap

Week B

| Monday | | |
|--------------|------------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Mushroom & spring veg noodles (VG) | GLUTEN (noodles & soy sauce), SOYA (soy sauce) |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA |
| Dessert | Berry and yoghurt swirl (V) | MILK (yoghurt) |

| Tuesday | | |
|--------------|------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Cheese, ham, veg penne pasta | GLUTEN (penne & bechamel sauce), MILK (cheese & bechamel sauce), May contain SOYA |
| Green option | Macaroni cheese (V) | GLUTEN (macaroni & bechamel sauce), MILK (cheese & bechamel sauce), May contain SOYA |
| Dessert | Melting moments cookie (VG) | GLUTEN (flour, oats), May contain SOYA |

| Wednesday | | |
|--------------|---|---|
| Meal choice | Meal description | Allergens |
| Red option | Roast chicken, roast potatoes & Yorkshire pudding | MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA |
| Green option | Savoury muffin, new potatoes & seasonal veg (V) | GLUTEN (muffin), EGG (muffin) MILK (cheese), may contain SOYA (flour) |
| Dessert | Fruit jelly (VG) | NONE |

| Thursday | | |
|--------------|---------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Chicken chow mein | GLUTEN (noodles, soy sauce) SOYA (soy sauce) |
| Green option | Spinach and chickpea curry (VG) | NONE |
| Dessert | Pear and honey cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA |

| Friday | | |
|--------------|--------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish and chips | FISH, GLUTEN (breadcrumbs) |
| Green option | Vegan sausage and chips (VG) | SOYA (sausage) |
| Dessert | A Selection of Home Baking (V) | GLUTEN (flour), EGG (egg) May contain SOYA |

* This option can be provided allergy free by removing the Yorkshire pudding

Week C

| Monday | | |
|--------------|---|---|
| Meal choice | Meal description | Allergens |
| Red option | Mexican bean and potato tray bake (VG) | NONE |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA |
| Dessert | Gingerbread rounds | GLUTEN (flour), May contain SOYA (flour) |
| Tuesday | | |
| Meal choice | Meal description | Allergens |
| Red option | Pepperoni pasta | GLUTEN (pasta) |
| Green option | Vegetable fajita (VG) | GLUTEN (wrap) |
| Dessert | Orange drizzle cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA (flour) |
| Wednesday | | |
| Meal choice | Meal description | Allergens |
| Red option | Toad in the hole with roast potatoes | MILK (Yorkshire Pudding), EGG (Yorkshire Pudding), GLUTEN (Yorkshire Pudding, sausage) , SULPHITES (sausage) May contain SOYA * |
| Green option | Vegetarian toad in the hole (V) | GLUTEN (Yorkshire Pudding), SOYA (sausages) ** MILK (Yorkshire pudding), EGG (Yorkshire pudding) |
| Dessert | Fruit jelly (VG) | NONE |
| Thursday | | |
| Meal choice | Meal description | Allergens |
| Red option | Sticky chicken and rice | GLUTEN (soy sauce) SOYA (soy sauce) |
| Green option | Cheesy bean bake (V) | MILK (cheese) |
| Dessert | Oat and sultana square (VG) | GLUTEN (flour, oats), May contain SOYA (flour) |
| Friday | | |
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish and chips | FISH and GLUTEN (breadcrumbs) |
| Green option | Cheese & spinach pinwheel and chips (V) | GLUTEN (pastry) MILK (cheese) |
| Dessert | A Selection of Home Baking (V) | GLUTEN (flour), EGG (egg) May contain SOYA |

* This option can be provided allergy free by removing the Yorkshire pudding and a GF sausage

**This option can be provided gluten & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free