

Full menu 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

Allergen information for Summer 2022 – half term 6

Blue option – Jacket potato choices	
Filling	Allergens
Tuna mayonnaise	Fish
Baked beans	None
Coleslaw	None
Cheese	Milk

Yellow option – Sandwich choices	
Ingredient	Allergens
Wrap/Bread /Baguette	Gluten, Soya, Milk, Sesame
Cheese	Milk
Ham	None
Egg mayonnaise	Egg
Tuna mayonnaise	Fish
Coleslaw (Monday substitute for ham)	None

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

Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Margherita Pizza	Gluten and milk
Green option	Vegetable Chilli Nachos	Gluten
Dessert	Chocolate Shortbread	Gluten

Tuesday		
Meal choice	Meal description	Allergens
Red option	Pepperoni Pasta Bake	Gluten and milk
Green option	Sweet Potato & Vegetable Dahl with Cucumber Raita	Gluten and milk
Dessert	"Old School" Jam and Coconut Sponge	Gluten, Egg, Sulphites

Wednesday		
Meal choice	Meal description	Allergens
Red option	Sausage, Roasted baby potatoes & Yorkshire Pudding	Gluten, Milk, Egg, Sulphites
Green option	Summer Pilaf	None
Dessert	Berry Jelly	None

Thursday		
Meal choice	Meal description	Allergens
Red option	Creamy chicken Korma & Rice	None
Green option	Stuffed Peppers	None
Dessert	Summer Fruit Yoghurt Bake	Gluten and Milk

Friday		
Meal choice	Meal description	Allergens
Red option	Cod or Salmon Fish Fingers with Homemade Chips, Peas or Beans	Gluten and Fish
Green option	Cheesy Veggie Burger and Chips	Gluten and Milk
Dessert	Apple Flapjack	Gluten

Week B

Monday		
Meal choice	Meal description	Allergens
Red option	Veggie Pesto Pasta	Gluten
Green option	Puff Pizza Pinwheels	Gluten and milk
Dessert	Lemon Cookie	Gluten

Tuesday		
Meal choice	Meal description	Allergens
Red option	Tuna Pasta Salad	Gluten and Fish
Green option	Vegetable Fajita with tomato salsa and sour cream	Gluten
Dessert	Chocolate Courgette Cake	Gluten and Egg

Wednesday		
Meal choice	Meal description	Allergens
Red option	Ham, Egg & Homemade Chips	Egg
Green option	Vegetable Biryani	Gluten
Dessert	Cheese & Biscuits with Apple	Gluten and Milk

Thursday		
Meal choice	Meal description	Allergens
Red option	Mexican style Beef Chilli & Rice with Sour Cream	None
Green option	Halloumi & Houmous Burger with Salad	Gluten and Milk
Dessert	Vanilla Cheesecake	Gluten and Milk

Friday		
Meal choice	Meal description	Allergens
Red option	Fish Finger Wraps	Gluten and Fish
Green option	Vegan Meatballs & Spaghetti	Gluten
Dessert	Melting Moments	Gluten

Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Pasta Pomodoro	Gluten
Green option	Cheesy Bean Parcel	Gluten and Milk
Dessert	Gingerbread	Gluten

Tuesday		
Meal choice	Meal description	Allergens
Red option	Ham Pasta Pot	Gluten and Milk
Green option	Vegetable Cobbler	Gluten
Dessert	Pear & Honey Sponge	Gluten and Egg

Wednesday		
Meal choice	Meal description	Allergens
Red option	BBQ Chicken & Summer Rice	Gluten
Green option	Quesadilla	Gluten and Milk
Dessert	Greek Lemon Mousse & Shortbread Finger	Gluten and Milk

Thursday		
Meal choice	Meal description	Allergens
Red option	Sausage Plait & Baked Beans	Gluten and Sulphites
Green option	Vegetable Bolognese	Gluten
Dessert	Blueberry Muffin	Gluten and Egg

Friday		
Meal choice	Meal description	Allergens
Red option	Breaded Fish, Homemade Chips & Peas	Gluten and Fish
Green option	BBQ Bean Wrap	Gluten
Dessert	Oat and Sultana Square	Gluten