

Key: Y=yes, N=no, MC= may contain

DISH	SUITABLE FOR VEGETARIANS	CONTAINS CEREAL	CONTAINS CRUSTACEANS	CONTAINS EGGS	CONTAINS FISH	CONTAINS PEANUTS	CONTAINS SOYA	CONTAINS MILK	CONTAINS NUTS	CONTAINS CELERY	CONTAINS MUSTARD	CONTAINS SESAME	CONTAINS SULPHUR DIOXIDE	CONTAINS LUPIN	CONTAINS MOLLUSCS
WEEK ONE															
CHICKEN KORMA, RICE	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
CHEESY VEGGIE BURGER	Y	Y	N	Y	N	N	Y	Y	N	N	N	N	N	N	N
CHOCOLATE CRUNCH BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ORGANIC BEEF MINCED PIE, MASH	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
PASTA ITALIENNE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
FLAPJACK	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
ROAST PORK, ROAST POTATOES, PEAS, CARROTS & GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
CHEESE & ONION QUICHE, ROAST POTATOES, PEAS, CARROTS, GRAVY	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
APPLE CRUMBLE	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ICE CREAM	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
ORGANIC BEEF BOLOGNESE, WHOLEMEAL PASTA	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
VEGEBALLS, TOMATO SAUCE, POTATO WEDGES BAKED	Y	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
SPONGE CAKE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
CUSTARD	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
SOUTHERN STYLE CHICKEN GOUJONS	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
QUORN SAUSAGE	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
SYRUP BISCUIT	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
WEEK TWO															
FREE RANGE PORK CHOW MEIN	N	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
MACARONI CHEESE	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
MADIERA CAKE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
CHICKEN TIKKA, TURMERIC RICE	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
VEGETARIAN SAUSAGE ROLL, POTATO WEDGES BAKED	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
MELTING MOMENT BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ROAST TURKEY, ROAST POTATOES, PEAS, CARROTS, GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
QUORN ROAST, ROAST POTATOES, PEAS, CARROTS, GRAVY	Y	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N
RICE PUDDING	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
FRUIT JAM	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
ORGANIC BEEF BURGER, WHOLEMEAL ROLL	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
COURGETTE BITES, PASTA, TOMATO SAUCE	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
COCONUT CRUNCH BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
SALMON FISH FINGERS (MSC)	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N
CHEESE AND TOMATO PIZZA	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
CHOCOLATE OATY SLICE	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
WEEK THREE															
SWEET POTATO AND CHICKPEA CURRY, CHAPATI	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
QUORN SAUSAGE, CHAMP, GRAVY	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
ORANGE CAKE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
BREADED POLLOCK, WHOLEMEAL ROLL	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N
CHEESE AND LEEK RISOTTO	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
OATIE BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ORGANIC ROAST BEEF, ROAST POTATOES, PEAS, CARROTS, GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
CAULIFLOWER & BROCCOLI BAKE, ROAST POTATOES, PEAS, CARROTS, GRAVY	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
YORKSHIRE PUDDING	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
JELLY	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FRESH FRUIT SALAD	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
BACON AND CHEESE PASTA BAKE	N	Y	N	Y	N	N	N	Y	N	N	N	N	Y	N	N
VEGETABLE BIRIYANI, MINI OMELETTE	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
CHOCOLATE SPONGE CAKE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
CHOCOLATE SAUCE	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
ORGANIC BEEF MEATBALLS	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
QUORN DIPPERS	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
GINGER BISCUIT	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N

SCHOOL FOOD COMPANY – LIST OF ALLERGENS – WINTER 2019

DISH	SUITABLE FOR VEGETARIANS	CONTAINS CEREAL	CONTAINS CRUSTACEANS	CONTAINS EGGS	CONTAINS FISH	CONTAINS PEANUTS	CONTAINS SOYA	CONTAINS MILK	CONTAINS NUTS	CONTAINS CELERY	CONTAINS MUSTARD	CONTAINS SESAME	CONTAINS SULPHUR DIOXIDE	CONTAINS LUPIN	CONTAINS MOLLUSCS
CHIPS	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
JACKET POTATO	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
JACKET POTATO FILLING BAKED BEANS	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
JACKET POTATO FILLING TUNA MAYONNAISE	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N
JACKET POTATO FILLING GRATED CHEESE	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
BREAD NO SPREAD	Y	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
WHOLEMEAL ROLL	Y	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
FRESH FRUIT PLATTER	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
LOW FAT FRUIT YOGHURT	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
50% FRUIT JUICE/50% WATER	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
ORGANIC SEMI SKIMMED MILK	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
COLESLAW (ACCOMPANIMENT)	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
KETCHUP (ACCOMPANIMENT)	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
HOUMOUS (ACCOMPANIMENT)	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
GRAVY (ACCOMPANIMENT)	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
SALAD BAR PASTA SALAD	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
SALAD BAR EGG NOODLE SALAD	Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
SALAD BAR RICE SALAD	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
SALAD BAR CHOPPED CELERY	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N

NB: GLUTEN FREE AND DAIRY FREE MENU AVAILABLE ON REQUEST, PLEASE CONTACT YOUR SCHOOL OFFICE FOR MORE DETAILS