



# Allergen Information

## Term 4 2019/20

We are committed to ensuring the safety of customers who have an allergy or food intolerance and operate a rigorous food safety management system. We hold allergen information on file for every product on our supplier list and reasonable precautions are taken to eliminate the risk of cross contamination within our kitchens.

The allergy information below has been derived from supplier specifications on the allergen ingredients that have intentionally been added to the final food product. However, current labelling regulations mean that no guarantee can be given that ingredients have been prepared in fully, nominated allergen free environments, without risk of contamination. For example, we do not use any recipes that contain nuts or nut by-products in our school menus, but our suppliers may handle nuts in the same factories that our products/ ingredients are produced in.

With this in mind, please be aware that if your child suffers from extremely sensitive trace reactions for stated allergens, we are unable to 100% guarantee suitability. In any case we urge parents to contact us ahead of ordering meals, to discuss the risks on an individual basis.

We aim to ensure all children have access to healthy school meals, regardless of any special requirements. If your child's diet does not suit our menus due to food allergies or intolerances, religious or ethical beliefs please let us know, so that we can work with you to make alternative arrangements.

**WEEK 1**

<b>MONDAY</b>		
M1	Cheese & Tomato Pizza Slice, Crispy Diced Potatoes & Tomato Ketchup	GLUTEN, MILK
M2	Cheese & Vegetable Grill with Crispy Diced Potatoes	GLUTEN, MILK, MUSTARD
M3	Baked Sweet Potato with Quorn Bolognese & Cheese	EGG, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Peas	
Dessert	Banoffee Pancakes	EGG, GLUTEN, MILK
<b>TUESDAY</b>		
M1	Roast Beef	GLUTEN
M2	Cheese & Vegetable Crumble	GLUTEN, MILK
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potatoes & Mixed Vegetables	
Dessert	Iced Caramel Sponge Cake	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Spaghetti Bolognese & Garlic Slice	GLUTEN, MILK
M2	Sticky Honey Chicken & Egg Rice	EGG, GLUTEN, SOYA
M3	Stuffed Pepper & Garlic Slice	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Salad	
Dessert	Oat Cookie & Orange Wedge	GLUTEN
<b>THURSDAY</b>		
M1	Lincolnshire Sausage	GLUTEN, SULPHITES
M2	Sliced Gammon Ham	SULPHITES
M3	Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Mashed Potatoes & Mixed Vegetables or Baked Beans	
Dessert	Chocolate Cracknel	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Fish Fingers & Potato Wedges	FISH, GLUTEN
M2	Cheese & Bacon Hassleback Potato with Sour Cream	MILK, SULPHITES
M3	Mexican Bean Wrap & Potato Wedges	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Cinnamon Swirl Cake & Custard	EGG, GLUTEN, MILK
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	

**WEEK 2**

<b>MONDAY</b>		
M1	Beef Cottage Pie	FISH, GLUTEN
M2	Chicken & Potato Shortcrust Pie	EGG, MILK, GLUTEN
M3	Vegetable, Sweet Potato & Cheese Puff Pastry Pie	EGG, MILK, GLUTEN
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Jelly & Cream	MILK
<b>TUESDAY</b>		
M1	Sweet & Sour Chicken & Egg Rice	EGG, GLUTEN, MUSTARD, SOYA, SULPHITES
M2	Ham & Cheese Filled Potato Shells	MILK, SULPHITES
M3	Macaroni Cheese & Garlic Slice	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Jam Sponge & Custard	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Chicken	GLUTEN
M2	Beef Casserole	GLUTEN
M3	Sweet Potato, Spinach & Butterbean Casserole	SULPHITES
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Tutti Frutti Cookie & Melon Wedge	GLUTEN, SULPHITES
<b>THURSDAY</b>		
M1	Horrid Henrys Stack Burger with House Ketchup (Cheeseburger)	GLUTEN, MILK, SOYA, SULPHITES
M2	Teddy Bears Picnic (Ham Roll, Cheese, Sausage Roll & Veg Sticks)	EGG, GLUTEN, MILK, SOYA, SULPHITES
M3	The Witches Fingers (Breaded Vegetable Fingers)	GLUTEN
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Where's Wally Wedges & Jacks Magic Beans	
Dessert	Caramel Drizzle Chocolate Cake	EGG, GLUTEN, MILK
<b>FRIDAY</b>		
M1	Harry Ramsden's MSC Battered Fish Fillet	FISH, GLUTEN
M2	Sliced Gammon Ham	SULPHITES
M3	Pulled Pork Style Roll	FISH, GLUTEN, SOYA
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Spaghetti Hoops & Cucumber Slices	GLUTEN
Dessert	Slightly Spiced Apple Crumble & Custard	GLUTEN, MILK
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	

**WEEK 3**

<b>MONDAY</b>		
M1	Southern Style Chicken, Tortilla Wrap & Mayonnaise	EGG, GLUTEN
M2	Salmon Fish Finger Sandwich with Cheese & Mayonnaise	EGG, FISH, GLUTEN, MILK, SOYA
M3	Vegetable Lasagne & Garlic Slice	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Salad	
Dessert	Peaches & Custard	MILK
<b>TUESDAY</b>		
M1	Beef Lasagne & Fresh Bread Selection	GLUTEN, MILK, SOYA
M2	Sweet & Sour Pork with Savoury Rice	GLUTEN, MUSTARD, SOYA, SULPHITES
M3	Quorn Pieces in Sweet & Sour Sauce with Rice	EGG, GLUTEN, MUSTARD, SOYA, SUPLPHITES
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Sticky Toffee Pudding	EGG, MILK, GLUTEN
<b>WEDNESDAY</b>		
M1	Roast Pork & Roast Potatoes	GLUTEN
M2	Mega Mild Chilli Mince Potato Shells	MILK
M3	Leek & Potato Bake	MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Flapjack with Apple Quarters	GLUTEN, SULPHITES
<b>THURSDAY</b>		
M1	Ham & Cheese Puff Pastry Whirl with Mashed Potatoes	EGG, GLUTEN, MILK, MUSTARD
M2	Tuna Pasta Bake & Garlic Slice	FISH, GLUTEN, MILK
M3	Spinach & Tomato Egg Muffins & Garlic Slice	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Vanilla Sponge & Chocolate Sauce	EGG, GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Cod Fishcake	FISH, GLUTEN, SULPHITES
M2	Cheese & Ham Omelette	EGG, MILK, SULPHITES
M3	Mega Mild Quorn Chilli 'Non' Carne & Tortilla Wrap	EGG, GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans or Sweetcorn	
Dessert	Chocolate Brownie	EGG, GLUTEN
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	

**WEEK 4**

<b>MONDAY</b>		
M1	Cheese & Tomato Pizza Slice, Crispy Diced Potatoes & Tomato Ketchup	GLUTEN, MILK
M2	Stuffed Pepper & Garlic Slice	GLUTEN, MILK
M3	Pesto Pasta & Garlic Slice	GLUTEN, MILK, SULPHITES
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Peas	
Dessert	Fruity Jelly	
<b>TUESDAY</b>		
M1	Cheesy Beef Macaroni Bake	GLUTEN, MILK
M2	Jacket Potato & Mild Chicken Curry	GLUEN, MILK, MUSTARD
M3	Cheese Filled Potato Shells	MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Apple Cake & Custard	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Chicken	GLUTEN
M2	Minced Beef & Potato Pie	EGG, GLUTEN, MILK
M3	Quorn Mince & Potato Pie	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potatoes & Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
<b>THURSDAY</b>		
M1	MSC Fish Goujons	FISH, GLUTEN
M2	BBQ Pulled Pork Roll	FUSH, GLUTEN, MUSTARD, SOYA
M3	Quorn Dippers	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Diced Potatoes, Spaghetti Hoops & Cucumber Slices	GLUTEN
Dessert	Melting Chocolate Pudding	EGG, GLUTEN, MILK
<b>FRIDAY</b>		
M1	Lincolnshire Sausage & Fresh Bread Roll	GLUTEN, SOYA, SULPHITES
M2	Spring Chicken Pie	EGG, GLUTEN, MILK
M3	Spring Vegetable & Potato Bake	EGG, GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans or Sweetcorn	
Dessert	Lemon Cheesecake & Ice Cream	GLUTEN, MILK, SOYA, SULPHITES
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	

**WEEK 5**

<b>MONDAY</b>		
M1	Macaroni Cheese & Fresh Bread Selection	GLUTEN, MILK, SOYA
M2	Tuna Melt Potato Skins	FISH, MILK
M3	Mild Chickpea Curry & Rice	
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Peas	
Dessert	Strawberry Mousse & Fruit	MILK
<b>TUESDAY</b>		
M1	Mild Coconut Chicken Curry, Rice & Naan Finger	GLUTEN, MILK, SULPHITES
M2	Vegetable Spring Rolls, S & S Sauce & Egg Rice	EGG, GLUTEN, MUSTARD, SOYA, SULPHITES
M3	Penne Pasta in Tomato & Basil Sauce	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Chocolate Sponge & Chocolate Sauce	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Turkey	GLUTEN
M2	Cauliflower Cheese & Bacon Bake	GLUTEN, MILK, MUSTARD
M3	Quorn Vegan Fishless Fingers	GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Oat Cookie & Melon Wedge	GLUTEN
<b>THURSDAY</b>		
M1	Puff Pastry Sausage Roll	EGG, GLUTEN, MILK, SULPHITES
M2	Cheese & Ham Quiche	EGG, GLUTEN, MILK
M3	Spinach & Tomato Egg Muffins	EGG, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Fluffy Mashed Potatoes & Baked Beans	
Dessert	Carrot Cake	EGG, GLUTEN, MILK
<b>FRIDAY</b>		
M1	Harry Ramsdens MSC Battered Fish Fillet	FISH, GLUTEN
M2	English Breakfast Muffins	EGG, GLUTEN, MILK, SOYA
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Sweetcorn & Mayonnaise	EGG
Dessert	Mango Cupcake	EGG, GLUTEN
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	

**WEEK 6**

<b>MONDAY</b>		
M1	Rainbow Veggie Pizza, Crispy Diced Potatoes & Ketchup	GLUTEN, MILK
M2	Cheese & Vegetable Grill with Crispy Diced Potatoes & Ketchup	GLUTEN, MILK, MUSTARD
M3	Baked Sweet Potato with Quorn Bolognese & Cheese	EGG, GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Peas	
Dessert	Banana Cake & Chocolate Sauce	EGG, GLUTEN, MILK
<b>TUESDAY</b>		
M1	Roast Chicken	GLUTEN
M2	Salmon & Broccoli Quiche	EGG, FISH, GLUTEN, MILK
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potatoes & Rainbow Mixed Vegetables	
Dessert	Iced Caramel Sponge Cake	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Spaghetti Bolognese	GLUTEN, MILK
M2	Sticky Honey Chicken & Egg Rice	EGG, GLUTEN, SOYA
M3	Mexican Bean Wrap	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Cherry Shortbread & Rainbow Fruit Platter	GLUTEN
<b>THURSDAY</b>		
M1	Lincolnshire Sausage	GLUTEN, SULPHITES
M2	Sliced Gammon Ham	SULPHITES
M3	Rainbow Puff Pastry Cheese Whirl	EGG, GLUTEN, MILK, MUSTARD
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Mashed Potatoes & Mixed Vegetables or Baked Beans	
Dessert	Chocolate Cracknel	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Cod Fishcake & Potato Wedges	FISH, GLUTEN, SULPHITES
M2	Cheese & Bacon Hassleback Potato with Sour Cream	MILK, SULPHITES
M3	Macaroni Cheese & Garlic Slice	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Peaches, Ice Cream & Strawberry Sauce	MILK, SOYA
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	FISH, EGG
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Dessert	PIP Organic Fruit Lolly - All Flavours	