



Allergen Information

Term 1 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

MONDAY		
M1	Penne Pasta with Tomato Sauce	GLUTEN, MILK
M2	Baked Bean Lasagne	GLUTEN, MILK
M3	Cheese & Vegetable Crumble	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Garlic Slice & Mixed Salad	GLUTEN
Dessert	Chocolate Mousse	MILK
TUESDAY		
M1	Roast Chicken	GLUTEN
M2	Cauliflower & Cheese Bacon Bake	GLUTEN, MILK, MUSTARD
M3	Quorn Vegan Fishless Fingers	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Fresh Fruit Salad & Ice Cream	MILK, SULPHITES
WEDNESDAY		
M1	Macaroni Cheese & Fresh Crusty Bread	GLUTEN, MILK, SOYA
M2	Tuna Melt Potato Skins	FISH, MILK
M3	Mild Chickpea Curry & Rice	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Peas	
Dessert	Banoffee Pancakes	EGG, GLUTEN, MILK
THURSDAY		
M1	Puff Pastry Sausage Roll	EGG, GLUTEN, MILK, SULPHITES
M2	Ham & Broccoli Quiche	EGG, GLUTEN, MILK
M3	Cheese & Tomato Omelette	EGG, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Fluffy Mashed Potatoes & Baked Beans	FISH, GLUTEN
Dessert	Marble Sponge & Chocolate Sauce	EGG, GLUTEN, MILK
FRIDAY		
M1	Harry Ramsdens MSC Battered Fish Fillet	FISH, MILK
M2	Sliced Gammon Ham	SULPHITES
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips, Mixed Salad	
Dessert	Blueberry Muffin	EGG, GLUTEN, MILK
DAILY OPTIONS		
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

MONDAY		
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 & Sweetcorn	
Dessert	Raspberry Jelly & Ice Cream	MILK
TUESDAY		
M1	Sticky Honey Chicken & Egg Rice	EGG, GLUTEN, SOYA
M2	Jacket Potato with Beef Bolognese	
M3	Macaroni Cheese & Garlic Slice	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Oat Cookie & Orange Wedges	GLUTEN
WEDNESDAY		
M1	Lincolnshire Sausage & Fresh Bread Roll	GLUTEN, SOYA, SULPHITES
M2	BBQ Pulled Pork & Fresh Bread Roll	FISH, GLUTEN, MUSTARD, SOYA
M3	1/2 Stuffed Pepper	MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baby Potatoes & Baked Beans or Sweetcorn	
Dessert	Iced Cinnamon Swirl Cake	EGG, GLUTEN, MILK
THURSDAY		
M1	Roast Gammon	GLUTEN, SULPHITES
M2	Cottage Pie	FISH, GLUTEN
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Cherry Shortbread & Fruit Platter	GLUTEN
FRIDAY		
M1	THE TWITS -Wormy Spaghetti Bolognese & Garlic Bread	GLUTEN
M2	GEORGE'S MARVELLOUS Meat Feast Pizza, Oven Chips & Baked Beans	GLUTEN, MILK, SULPHITES
M3	MATILDA'S Magical Mexican Bean Wrap	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	THE BFG'S -Snozzcumber Salad	
Dessert	WILLY WONKA'S - Scrumdiddlumptious Chocolate Tiffin	GLUTEN, MILK
DAILY OPTIONS		
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

MONDAY		
M1	Beef Lasagne & Crusty Bread	GLUTEN, MILK, SOYA
M2	Ham & Cheese Filled Potato Shells	MILK, SULPHITES
M3	Nut Free Pesto Pasta	GLUTEN, MILK, SULPHITES
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Salad	
Dessert	Chocolate Cracknel	GLUTEN, MILK
TUESDAY		
M1	Roast Chicken	GLUTEN
M2	Beef Casserole	GLUTEN
M3	Quorn Southern Style Bites	EGG, GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Tutti Frutti Cookie & Milkshake	GLUTEN, MILK, SULPHITES
WEDNESDAY		
M1	Lincolnshire Beef Burger, Fresh Bread Roll & Cheddar Slice	GLUTEN, MILK, SOYA, SULPHITES
M2	Mega Mild Beef Chilli Con Carne & Rice	
M3	Vegan Pulled Pork Style Roll	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baby Potatoes & Salad/Veg Crudites & Homemade Dip	CELERY, EGG, MILK
Dessert	Strawberry & Peach Eton Mess	EGG, MILK
THURSDAY		
M1	Ham & Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M2	BBQ Pork Loin	FISH, GLUTEN, MUSTARD
M3	Puff Pastry Quorn Sausage Roll	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Fluffy Mashed Potatoes & Baked Beans or Peas	
Dessert	Lemon Curd Cupcake	EGG, GLUTEN, MILK, SULPHITES
FRIDAY		
M1	Harry Ramsden's MSC Salmon & Sweet Potato Fish Cake	FISH, GLUTEN
M2	Sliced Gammon Ham	SULPHITES
M3	Braided Vegetable Fingers	WHEAT
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Spaghetti Hoops & Cucumber Slices	GLUTEN
Dessert	Apple & Apricot Crunch & Custard	EGG, GLUTEN, MILK
DAILY OPTIONS		
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

MONDAY		
M1	Veggie Pizza Slice	GLUTEN, MILK
M2	Spinach & Tomato Egg Muffins	EGG, MILK
M3	Vegetable Lasagne	MILK, GLUTEN
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Baby Potatoes & Baked Beans or Peas	
Dessert	Peaches, Ice Cream & Strawberry Sauce	MILK
TUESDAY		
M1	Penne Pasta with Chicken Italiano Sauce	GLUTEN, MILK
M2	Sweet & Sour Pork with Savoury Rice	GLUTEN, MUSTARD, SOYA, SULPHITES
M3	Quorn Pieces in Sweet & Sour Sauce with Rice	EGG, GLUTEN, MUSTARD, SOYA, SULPHITES
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Sticky Toffee Pudding	EGG, MILK, GLUTEN
WEDNESDAY		
M1	Roast Beef	GLUTEN
M2	Chicken & Potato Pie	MILK
M3	Cauliflower & Broccoli Cheese Bake	MILK, GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potatoes & Mixed Vegetables	
Dessert	Flapjack with Apple Quarters	GLUTEN, SULPHITES
THURSDAY		
M1	Mild Coconut Chicken Curry, Rice & Naan Finger	GLUTEN, MILK, MUSTARD
M2	Tuna Pasta Bake & Garlic Bread	FISH, GLUTEN, MILK
M3	Cheese & Egg Stuffed Potato Shells	EGG, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Vanilla Sponge & Chocolate Sauce	EGG, GLUTEN, MILK
FRIDAY		
M1	Breaded Chicken Tortilla Wrap, Rice & Mayonnaise	EGG, GLUTEN
M2	Cheese & Ham Omelette	MILK, SULPHITES
M3	Mega Mild Quorn Chilli Con Carne & Tortilla Wrap	EGG, GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Sweetcorn	
Dessert	Mango Cupcake	EGG, GLUTEN
DAILY OPTIONS		
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

MONDAY		
M1	MSC Breaded Fish Goujons	FISH, GLUTEN
M2	Cheese & Bacon Pie	EGG, GLUTEN, MILK, SULPHITES
M3	Southern Style Quorn Grill	EGG, GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Potato Wedges, Spaghetti Hoops and Mixed Salad	GLUTEN
Dessert	Banoffee Pancakes	EGG, GLUTEN
TUESDAY		
M1	Cheesy Beef & Macaroni Bake with Garlic Bread	GLUTEN, MILK
M2	Mild Chicken Tikka Masala, Rice & Naan Finger	GLUTEN, MILK
M3	Mexican Bean Wrap	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Peas & Sweetcorn	
Dessert	Wear Ir Pink Jam Sponge Slice	EGG, GLUTEN, MILK
WEDNESDAY		
M1	Roast Pork	GLUTEN
M2	Minced Beef in Gravy	FISH, GLUTEN
M3	Quorn Sausage Casserole	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Fluffy Mashed Potatoes & Mixed Vegetables	
Dessert	Strawberry Mousse & Fruit Platter	MILK
THURSDAY		
M1	Puff Pastry Sausage Roll & Fluffy Mashed Potatoes	EGG, GLUTEN, MILK, SULPHITES
M2	Sliced Gammon Ham & Fluffy Mashed Potatoes	SULPHITES
M3	Macaroni Cheese & Garlic Flatbread	GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Baked Beans or Peas	
Dessert	Chocolate Cupcake	EGG, GLUTEN, MILK
FRIDAY		
M1	Chicken in BBQ Sauce with Savoury Rice	FISH, GLUTEN, MUSTARD
M2	Tuna Melt Potato Skins	FISH, MILK
M3	Tomato Pasta Bake & Garlic Slice	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
DAILY OPTIONS		
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

MONDAY		
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	Strawberry Jelly & Ice Cream	MILK
TUESDAY		
M1	Sticky Honey Chicken & Egg Rice	EGG, GLUTEN, SOYA
M2	Jacket Potato with Beef Bolognese	
M3	Macaroni Cheese & Garlic Slice	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Oat Cookie & Orange Wedges	GLUTEN
WEDNESDAY		
M1	Lincolnshire Sausage & Fresh Bread Roll	GLUTEN, SOYA, SULPHITES
M2	BBQ Pulled Pork & Fresh Bread Roll	FISH, GLUTEN, MUSTARD, SOYA
M3	1/2 Stuffed Pepper	MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baby Potatoes & Baked Beans or Peas	
Dessert	Iced Cinnamon Swirl Cake	EGG, GLUTEN, MILK
THURSDAY		
M1	Roast Gammon	GLUTEN, SULPHITES
M2	Cottage Pie	FISH, GLUTEN
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Fluffy Mashed Potatoes & Mixed Vegetables	
Dessert	Cherry Shortbread & Fruit Platter	GLUTEN
FRIDAY		
M1	Harry Ramsden's MSC Salmon & Sweet Potato Fish Cake	FISH, GLUTEN
M2	Beef Burrito	GLUTEN, MILK, SULPHITES
M3	Puff Pastry Cheese Whirl	EGG, GLUTEN, MILK, MUSTARD
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Sweetcorn	
Dessert	Chocolate Brownie	EGG, GLUTEN
DAILY OPTIONS		
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 7

MONDAY		
M1	Beef Lasagne & Crusty Bread	GLUTEN, MILK, SOYA
M2	Ham & Cheese Filled Potato Shells	MILK, SULPHITES
M3	Nut Free Pesto Pasta	GLUTEN, MILK, SULPHITES
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Salad	
Dessert	Chocolate Cracknel	GLUTEN, MILK
TUESDAY		
M1	Roast Chicken	GLUTEN
M2	Beef Casserole	GLUTEN
M3	Quorn Southern Style Bites	EGG, GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Tutti Frutti Cookie & Milkshake	GLUTEN, MILK, SULPHITES
WEDNESDAY		
M1	Lincolnshire Beef Burger, Fresh Bread Roll & Cheddar Slice	GLUTEN, MILK, SOYA, SULPHITES
M2	Mega Mild Beef Chilli Con Carne & Rice	
M3	Vegan Pulled Pork Style Roll	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baby Potatoes & Salad/Veg Crudites & Homemade Dip	CELERY, EGG, MILK
Dessert	Strawberry & Peach Eton Mess	EGG, MILK
THURSDAY		
M1	Ham & Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M2	BBQ Pork Loin	FISH, GLUTEN, MUSTARD
M3	Puff Pastry Quorn Sausage Roll	EGG, GLUTEN, MILK
M5	Diced Chicken Mayonnaise Baguette	EGG, GLUTEN
Side	Fluffy Mashed Potatoes & Baked Beans or Peas	
Dessert	Lemon Curd Cupcake	EGG, GLUTEN, MILK
FRIDAY		
M1	Harry Ramsdens MSC Battered Fish Fillet	FISH, GLUTEN
M2	Sliced Gammon Ham	SULPHITES
M3	Braided Vegetable Fingers	WHEAT
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Spaghetti Hoops & Cucumber Slices	GLUTEN
Dessert	Apple & Apricot Crunch & Custard	EGG, GLUTEN, MILK
DAILY OPTIONS		
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	