



# Allergen Information

## Term 1 2022/23

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.

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. With ongoing issues in the food supply chain, all ingredients are subject to change at short notice. It is essential that we hold any allergies on file. Please ensure your child's school are aware of any such allergies, before ordering meals.

<b>WEEK 1</b>		
<b>MONDAY</b>		
M1	Macaroni Cheese	GLUTEN, MILK
M2	Stuffed Pepper	MILK
M3	Mega Mild Bean Chili & Rice	
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Peaches & Ice Cream	MILK
<b>TUESDAY</b>	<b>DR SUESS READ A BOOK DAY</b>	
M1	One Fish, Two Fish, Red Fish, Blue Fish..... Fingers & Potato Wedges	GLUTEN, FISH
M2	Cat in the Hat Cheese & Tomato Pizza & Potato Wedges	GLUTEN, MILK
M3	Noodles for Poodles - Creamy Tomato Spaghetti Pasta	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Lorax Mango & Orange Sponge	GLUTEN, EGG
<b>WEDNESDAY</b>		
M1	Roast Chicken	
M2	Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M3	Spinach, Tomato & Egg Muffins	EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>THURSDAY</b>		
M1	Beef Lasagne	GLUTEN, MILK
M2	Mild & Creamy Coconut Chicken Curry with Rice	MILK, MUSTARD
M3	Cheese Filled Potato Shells	MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Chocolate Crispie Slice	GLUTEN, MILK
<b>FRIDAY</b>		
M1	Simpsons Puff Pastry Sausage Roll	EGG, GLUTEN, MILK, SULPHITES
M2	Sliced Ham (Served Chilled)	SULPHITES
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Baked Beans	
Dessert	Fruit Platter & Tutti Frutti Biscuit	GLUTEN, SULPHITES
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 2</b>		
<b>MONDAY</b>		
M1	Cheese & Tomato Pizza	GLUTEN, MILK
M2	Breaded Vegetable Fingers	GLUTEN
M3	Chickpea & Sweetcorn Fritter	EGG, GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Herby Baby Potatoes & Baked Beans	
Dessert	Fruit Jelly	
<b>TUESDAY</b>	<b>ROALD DAHL DAY</b>	
M1	The Twits Wormy Spaghetti Bolognese	GLUTEN
M2	Fantastic Mr Fox's BBQ Chicken Breast served with Roll & Tomato Macaroni	GLUTEN, FISH, MUSTARD, SOYA
M3	The BFG's Bean Burrito	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Snozzcumber (Cucumber) & Carrot Sticks	
Dessert	Willy Wonka's Scrumdiddlyumptious Chocolate Cake	GLUTEN, EGG
<b>WEDNESDAY</b>		
M1	Roast Turkey & Mashed Potato	
M2	Cheese & Ham Filled Potato Shells	MILK, SULPHITES
M3	Quorn Sausage & Bean Hot Pot	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
<b>THURSDAY</b>		
M1	Garlic & Herb Marinated Chicken & Rice	
M2	Sweet Potato Bhaji's with Korma Dip & Rice	GLUTEN, EGG
M3	Creamy Tomato Pasta	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Vanilla Buttercream Sponge Cake	GLUTEN, EGG
<b>FRIDAY</b>		
M1	Simpsons Beef Burger & Fresh Roll	GLUTEN, SULPHITES, SOYA
M2	Ham & Egg Muffins	EGG, MILK, SULPHITES
M3	Cheese & Broccoli Fritter	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Mixed Vegetables & Ketchup	
Dessert	Fruit Platter & Shortbread Biscuit	GLUTEN
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 3</b>		
<b>MONDAY</b>		
M1	Mozzarella & Tomato Pasta Bake & Garlic Bread	GLUTEN, MILK
M2	Cauliflower Cheese & Potato Bake	GLUTEN, MILK, MUSTARD
M3	Quorn Bolognese with Rice	EGG, GLUTEN
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Strawberry Mousse & Melon Wedges	MILK
<b>TUESDAY</b>		
M1	Simpsons Lincolnshire Sausage & Mash	GLUTEN, SULPHITES
M2	Fish Pie with Cheese Potato Top	MILK, MUSTARD, FISH
M3	Quorn Sausage & Mash	GLUTEN, EGG, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Baked Beans	
Dessert	Tutti Frutti Sponge & Custard	EGG, GLUTEN, SULPHITES, MILK
<b>WEDNESDAY</b>		
M1	MSC Fish Fingers	FISH, GLUTEN
M2	BBQ Pulled Pork	GLUTEN, FISH, MUSTARD
M3	Spinach, Tomato & Egg Muffins	EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Herby Baby Potatoes, Mixed Vegetables & Ketchup	
Dessert	Iced Carrot Cake	GLUTEN, EGG, MILK
<b>THURSDAY</b>		
M1	Minced Beef & Pork Ragu with Rice	
M2	Creamy Ham Pasta	GLUTEN, MILK, SULPHITES
M3	Cheese Filled Potato Shells	MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Cocoa Oat Cookie	GLUTEN
<b>FRIDAY</b>	<b>AUTUMN EQUINOX / BRITISH FOOD FORTNIGHT</b>	
M1	Roast Chicken & Roast Potatoes	
M2	Beef & Potato Pie	GLUTEN, EGG, MILK
M3	Butternut Squash, Spinach & Cheese Whirl & Roast Potatoes	GLUTEN, EGG, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Fruit Platter & Autumn Apple Cake	GLUTEN, EGG
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 4</b>		
<b>MONDAY</b>		
M1	Beef Lasagne	GLUTEN, MILK
M2	Creamy Tuna & Sweetcorn Pasta Bake	GLUTEN, MILK, FISH, MUSTARD
M3	Roasted Vegetable & Chickpea Curry with Rice	MUSTARD, SULPHITES
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Peaches & Custard	MILK
<b>TUESDAY</b>		
M1	Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M2	MSC Fish Cake	FISH, GLUTEN
M3	Breaded Vegetable Fingers	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potato & Baked Beans	
Dessert	Chocolate Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
<b>WEDNESDAY</b>		
M1	Roast Pork, Stuffing & Roast Potatoes	GLUTEN
M2	Bolognese Pasta Bake	GLUTEN, MILK
M3	Quorn Sausage & Bean Hot Pot	EGG, MILK, GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Mango & Vanilla Sponge Cake	GLUTEN, EGG
<b>THURSDAY</b>		
M1	Mild & Creamy Coconut Chicken Curry & Rice	MILK, MUSTARD
M2	Chicken & Rice Burrito	GLUTEN, MILK
M3	Creamy Tomato Pasta	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	World Heart Day Cookie	GLUTEN, EGG
<b>FRIDAY</b>	<b>LINCOLNSHIRE DAY</b>	
M1	Simpsons Lincolnshire Sausage	GLUTEN, SULPHITES
M2	Sliced Ham (served chilled)	SULPHITES
M3	Lincolnshire Potato, Leek & Cheese Pie	GLUTEN, EGG, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Mixed Vegetables	
Dessert	Fruit Platter & Grantham Gingerbread	GLUTEN, EGG
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 5</b>		
<b>MONDAY</b>		
M1	Macaroni Cheese	GLUTEN, MILK
M2	Stuffed Pepper	MILK
M3	Chunky Balti Veg Pie	MUSTARD
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
<b>TUESDAY</b>	<b>TACO TUESDAY</b>	
M1	Mega Mild Chilli Mince, Tortilla & Rice	GLUTEN
M2	Cheese & Ham Potato Shells	MILK, SULPHITES
M3	Mega Mild Mexican Cheesy Beans, Tortilla & Rice	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Salad	
Dessert	Marble Sponge Cake & Custard	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Turkey & Mashed Potato	
M2	Sweet & Sour Chicken with Rice	GLUTEN, SOYA, SULPHITES
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
<b>THURSDAY</b>	<b>SCHOOL MEAL EXTRAVAGANZA</b>	
M1	The Ideal Brunch - Simpsons Lincolnshire Sausage, Hash Brown & Fresh Roll	GLUTEN, SOYA, SULPHITES
M2	Picnic Box, Ham Sandwich, Cheese Cubes, Pizza Whirl & Crudites (no side dish)	GLUTEN, MILK, SOYA, SULPHITES
M3	Veggie Brunch with Quorn Sausage	GLUTEN, EGG, MILK, SOYA
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Baked Beans	
Dessert	Chocolate Crispie Slice	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Breaded Fish	FISH, GLUTEN, MUSTARD
M2	Cauliflower & Broccoli Cheese Bake	GLUTEN, MILK, MUSTARD
M3	Cheese & Broccoli Fritter	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips & Minty Peas	
Dessert	Fruit Platter & Tutti Frutti Biscuit	GLUTEN, SULPHITES
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 6</b>		
<b>MONDAY</b>		
M1	Cheese & Tomato Pizza	GLUTEN, MILK
M2	Chickpea & Sweetcorn Fritter	GLUTEN, EGG, MILK
M3	Spinach, Tomato & Egg Muffins	EGG, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Potato Wedges & Mixed Vegetables	
Dessert	Strawberry Mousse & Melon Wedge	MILK
<b>TUESDAY</b>		
M1	Minced Beef & Pork Ragu with Rice	
M2	Sweet Potato Bhaji's, Korma Dip & Rice	GLUTEN, EGG
M3	Tomato Macaroni Bake	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Jaffa Sponge Cake	EGG, GLUTEN
<b>WEDNESDAY</b>		
M1	Creamy Bacon & Tomato Pasta	GLUTEN, MILK
M2	Fabulous Fish Pie with Cheese & Potato Top	MILK, MUSTARD, FISH
M3	Mega Mild Mexican Bean Chilli & Rice	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Salad	
Dessert	Cocoa Oat Cookie	GLUTEN
<b>THURSDAY</b>		
M1	Roast Chicken & Roast Potatoes	
M2	Creamy Ham Pasta	GLUTEN, MILK, SULPHITES
M3	Cheese Filled Potato Shells	MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Vanilla Buttercream Sponge Cake	EGG, GLUTEN
<b>FRIDAY</b>		
M1	Simpsons Puff Pastry Sausage Roll	EGG, GLUTEN, MILK, SULPHITES
M2	Sliced Ham (served chilled)	SULPHITES
M3	Quorn Sausage	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Baked Beans	
Dessert	Fruit Platter & Shortbread Finger	GLUTEN
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 7</b>		
<b>MONDAY</b>	<b>WORLD FOOD DAY</b>	
M1	Savoury Minced Beef in Gravy & Mashed Potato	FISH, GLUTEN
M2	Ham & Leek Pasta Bake	GLUTEN, MILK, MUSTARD, SULPHITES
M3	Cheese & Veggie Pasty & Mashed Potato	GLUTEN, EGG, MILK, MUSTARD
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Iced Carrot Cake	EGG, GLUTEN, MILK
<b>TUESDAY</b>	<b>TACO TUESDAY</b>	
M1	Mild Mexican Pulled Chicken, Tortilla & Rice	GLUTEN
M2	Cheese & Ham Potato Shells	MILK, SULPHITES
M3	Grilled Veggies with Cheese, Tortilla & Rice	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Salad	
Dessert	Apple Sponge Cake & Custard	GLUTEN, EGG, MILK
<b>WEDNESDAY</b>		
M1	Roast Turkey & Mashed Potato	
M2	Creamy Tuna & Sweetcorn Pasta Bake	GLUTEN, MILK, FISH, MUSTARD
M3	Cheese & Broccoli Fritter & Mashed Potato	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Chocolate Crispie Slice	GLUTEN, MILK
<b>THURSDAY</b>		
M1	Mozzarella & Tomato Pasta Bake with Garlic Bread	GLUTEN, MILK
M2	Mild & Creamy Coconut Chicken Curry & Rice	MILK, MUSTARD
M3	Roasted Vegetable & Chickpea Curry & Rice	MUSTARD, SULPHITES
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>FRIDAY</b>		
M1	Simpsons Lincolnshire Sausage Hot Dog	GLUTEN, SOYA, SULPHITES
M2	Breaded Vegetable Fingers & Roll	GLUTEN, SOYA
M3	Quorn Sausage Hot Dog	GLUTEN, EGG, MILK, SOYA
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Fruit Platter & Strawberry Cupcake	GLUTEN, EGG
<b>DAILY OPTIONS</b>		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	