



Allergen Information

Term 4 - 2023

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 increased food supply issues during the Covid pandemic, 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.

WEEK 1		
MONDAY		
M1	Creamy Tomato Macaroni & Garlic Bread	GLUTEN, MILK
M2	Jacket Potato with Mega Mild Veggie Chilli	
M3	Quorn Cottage Pie	EGG, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Peaches & Custard	MILK
TUESDAY		
M1	Hunters Style Chicken & Rice	GLUTEN, FISH, MUSTARD
M2	Quorn Balls in Tomato Sauce & Rice	GLUTEN, EGG, MILK
M3	Macaroni Cheese	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Sticky Toffee Pancake with Banana	GLUTEN, EGG, MILK
WEDNESDAY		
M1	Beef Lasagne	GLUTEN, MILK
M2	Ham & Cheese Potato Shells	MILK, SULPHITES
M3	Sweet Potato & Lentil Curry with Rice	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Peas & Sweetcorn	
Dessert	Chocolate Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
THURSDAY		
M1	Roast Pork & Stuffing	GLUTEN
M2	Chickpea & Sweetcorn Fritter	GLUTEN, EGG, MILK
M3	Cauliflower & Broccoli Cheese Bake	GLUTEN, MILK, MUSTARD
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mashed Potato & Mixed Vegetables	
Dessert	Tutti Frutti Biscuit	GLUTEN, SULPHITES
FRIDAY		
M1	Brunch - Sausage, Hash Brown & Mini Roll	GLUTEN, SOYA, SULPHITES
M2	Grilled Cheese Toastie & Cucumber Sticks	GLUTEN, EGG, MILK, MUSTARD, SOYA
M3	Veggie Brunch - Quorn Sausage, Hash Brown & Mini Roll	GLUTEN, SOYA
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Baked Beans	
Dessert	Iced Vanilla Sponge Cake	GLUTEN, EGG
DAILY OPTIONS		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

WEEK 2		
MONDAY		
M1	Tuna & Sweetcorn Pasta Bake	GLUTEN, MILK, FISH
M2	Stuffed Pepper	MILK
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
TUESDAY		
M1	Mild & Creamy Coconut Chicken Curry & Rice	MILK, MUSTARD
M2	Vegetable Casserole with Cheesy Dumplings	GLUTEN, MILK, MUSTARD
M3	Cheese Filled Potato Shells	MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Apple & Peach Crumble & Custard	GLUTEN, MILK
WEDNESDAY		
M1	Lincolnshire Sausage & Mashed Potato	GLUTEN, SULPHITES
M2	Ham, Cheese & Potato Pasty & Mashed Potato	GLUTEN, EGG, MILK, MUSTARD, SULPHITES
M3	Quorn Bolognese & Rice	EGG
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Chocolate Cracknel	GLUTEN, MILK
THURSDAY		
M1	Bolognese Spaghetti with the Yetti & Garlic Bread	GLUTEN
M2	Picnic Bag - Ham Sandwich, Slice of Pizza & Crudites	GLUTEN, MILK, SOYA, SULPHITES
M3	Cheese Heist Pizza & Supertato's	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Bee & Me Honey Sponge Cake	GLUTEN, EGG
FRIDAY		
M1	MSC Fish Fingers	FISH, GLUTEN
M2	Spinach, Tomato & Egg Muffins	EGG, MILK
M3	Quorn Sausage, Bean & Cheese Puff Pastry Melt	GLUTEN, EGG, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Toffee Sponge & Custard	GLUTEN, EGG, MILK
DAILY OPTIONS		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

WEEK 3		
MONDAY		
M1	Cheese & Tomato Pizza, Herby Baby Potatoes & Ketchup	GLUTEN, MILK
M2	Macaroni Cheese	GLUTEN, MILK
M3	Mega Mild Bean Chilli & Rice	
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Peas & Sweetcorn	
Dessert	Oat Cookie	GLUTEN
TUESDAY		
M1	Roast Turkey & Mashed Potato	
M2	Salmon Pasta Bake	GLUTEN, FISH, MILK
M3	Cheese & Broccoli Fritter with Mashed Potato	GLUTEN, EGG, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Chocolate Brownie & Orange Wedges	GLUTEN, EGG
WEDNESDAY		
M1	Minced Beef & Pork Ragu with Rice	
M2	Ham & Cheese Potato Shells	MILK, SULPHITES
M3	Creamy Tomato Pasta & Garlic Bread	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Pear Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
THURSDAY		
M1	Simpsons Puff Pastry Sausage Roll	GLUTEN, MILK, EGG, SULPHITES
M2	Chicken, Leek & Potato Pie	GLUTEN, EGG, MILK, MUSTARD
M3	Leek & Potato Bake	GLUTEN, MILK, MUSTARD
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Iced Carrot Cake	GLUTEN, EGG, MILK
FRIDAY		
M1	MSC Breaded Fish	GLUTEN, FISH, MUSTARD
M2	BBQ Chicken Strips	GLUTEN, FISH, MUSTARD
M3	Veggie Cottage Pie	
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Strawberry Mousse & Fruit Platter	MILK
DAILY OPTIONS		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

WEEK 4		
MONDAY		
M1	Bolognese Pasta Bake	GLUTEN, MILK
M2	Cheese Filled Potato Shells	MILK
M3	Mexican Bean Wrap	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
TUESDAY		
M1	Garlic & Herb Chicken with Rice & Mayo	EGG, MUSTARD
M2	Tuna & Sweetcorn Pasta Bake	GLUTEN, MILK, FISH
M3	Sweet Potato & Lentil Curry with Rice	
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
WEDNESDAY		
M1	Roast Pork, Stuffing & Roast Potatoes	GLUTEN
M2	Bacon Macaroni Cheese	GLUTEN, MILK
M3	Cauliflower & Broccoli Cheese Bake & Roast Potatoes	GLUTEN, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Chocolate Cracknel	GLUTEN, MILK
THURSDAY		
M1	Cheese Puff Pastry Whirl, Mashed Potato & Ketchup	GLUTEN, EGG, MILK, MUSTARD
M2	Quorn Dippers with Mashed Potato & Ketchup	GLUTEN
M3	Quorn Sausage & Bean Cottage Pie	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Marble Sponge & Custard	GLUTEN, EGG, MILK
FRIDAY		
M1	Simpsons Beef Burger, Cheese & Fresh Roll	GLUTEN, SULPHITES, SOYA, MILK
M2	Grilled Cheese Toastie	GLUTEN, EGG, MILK, MUSTARD
M3	Breaded Vegetable Fingers, Cheese & Fresh Roll	GLUTEN, MILK, SOYA
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Baked Beans, Lettuce Coleslaw & Cucumber Sticks	EGG, MUSTARD
Dessert	Red Nose Cookie & Melon Slice	GLUTEN, MILK
DAILY OPTIONS		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

WEEK 5		
MONDAY		
M1	Macaroni Cheese	GLUTEN, MILK
M2	Cheese & Potato Gratin	GLUTEN, MILK, MUSTARD
M3	Spring Vegetable Stir Fry & Noodles	GLUTEN, EGG, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Rainbow Salad Platter	
Dessert	Sunshine Lemon Cookie	GLUTEN, MILK
TUESDAY		
M1	Mega Mild Chilli Mince, Tortilla, Rice & Sour Cream	GLUTEN, MILK
M2	Tomato Pasta Bake	GLUTEN, MILK
M3	Mega Mild Bean Chilli, Tortilla, Rice & Sour Cream	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Apple & Peach Crumble & Custard Pancake with	GLUTEN, MILK
WEDNESDAY		
M1	Simpsons Puff Pastry Sausage Roll	GLUTEN, MILK, EGG, SULPHITES
M2	Breaded Vegetable Fingers	GLUTEN
M3	Chickpea & Sweetcorn Fritter	GLUTEN, MILK, EGG
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potatoes & Baked Beans	
Dessert	Pancake with Syrup & Banana	GLUTEN, MILK, EGG
THURSDAY		
M1	Roast Turkey & Roast Potatoes	
M2	Chicken & Rice Burrito	GLUTEN, MILK
M3	Creamy Tomato Pasta & Garlic Bread	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Chocolate Jaffa Sponge Cake	GLUTEN, EGG
FRIDAY		
M1	MSC Fishcake	GLUTEN, FISH
M2	Ham, Cheese & Potato Pasty	GLUTEN, MILK, EGG, MUSTARD, SULPHITES
M3	Quorn Balls in Tomato Sauce	GLUTEN, MILK, EGG
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips, Peas, Sweetcorn & Ketchup	
Dessert	Ginger Cake & Custard	GLUTEN, MILK, EGG
MONDAY		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

WEEK 6		
MONDAY		
M1	Tomato Macaroni & Garlic Bread	GLUTEN, MILK
M2	Stuffed Pepper	MILK
M3	Vegetable Casserole with Cheesy Dumplings	GLUTEN, MILK, MUSTARD
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
TUESDAY		
M1	Ham & Cheese Puff Pastry Cheese Whirl	GLUTEN, MILK, EGG, MUSTARD, SULPHITES
M2	Cheese & Ham Egg Muffins	EGG, MILK, SULPHITES
M3	Quorn Sausage	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potato & Baked Beans	
Dessert	Toffee Sponge & Custard	GLUTEN, MILK, EGG
WEDNESDAY		
M1	Minced Beef & Pork Ragu with Rice	
M2	Vegetable Lasagne	GLUTEN, MILK
M3	Cheese Filled Potato Shells	MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Vanilla Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
THURSDAY		
M1	Roast Chicken & Herby Baby Potatoes	
M2	Creamy Salmon & Pea Pasta	GLUTEN, FISH, MILK
M3	Springtime Pea & Leek Quiche	GLUTEN, EGG, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Easter Cornflake Nests	GLUTEN, MILK
FRIDAY		
M1	Simpsons Beef Burger, Cheese & Fresh Roll	GLUTEN, MILK, SOYA, SULPHITES
M2	MSC Fish Finger Wrap with Cheese	GLUTEN, MILK, FISH
M3	Cheese & Tomato Pizza Slices	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Spaghetti Hoops, Lettuce Coleslaw & Cucumber Sticks	GLUTEN, EGG, MUSTARD
Dessert	Easter Bunny Biscuit & Fruit Platter	GLUTEN, MILK
DAILY OPTIONS		
M4	Jacket Potato Topping - Baked Beans	
M4	Jacket Potato Topping - Grated Cheese	MILK
M4	Jacket Potato Topping - Tuna Mayonnaise	EGG, FISH, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	