



Allergen Information

Term 4 2023-24

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, all ingredients are subject to change at short notice. It is essential that we hold any allergies on file. Please ensure you speak to your child's school in the first instance, who will inform us of your child's allergy/intolerance notes.

WEEK 1		
MONDAY		
M1	Creamy Tomato Pasta & Garlic Bread	GLUTEN, MILK
M2	Mild Mexican Bean Wrap	GLUTEN, MILK
M3	Savoury Quorn Mince	EGG, GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Peas, Sweetcorn & Carrots	
Dessert	Ice Cream Sponge Roll	EGG, GLUTEN, MILK, SOYA
TUESDAY		
M1	Roast Gammon	SULPHITES
M2	Cheese & Broccoli Fritter	GLUTEN, EGG, MILK
M3	Quorn Sausage Casserole	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Diced Roast Potatoes & Mixed Vegetables	
Dessert	Pancake with Sticky Toffee Sauce & Banana	EGG, GLUTEN, MILK
WEDNESDAY		
M1	Mega Mild & Creamy Coconut Chicken Curry & Rice	MILK, MUSTARD
M2	Cheese Filled Potato Skins	MILK
M3	Macaroni Cheese	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Vanilla Sponge with Raspberry Ripple Icing	EGG, GLUTEN
THURSDAY		
M1	Beef Lasagne	GLUTEN, MILK
M2	Chicken Quesadilla	GLUTEN, MILK
M3	Veggie Pizza Baguette & Ketchup	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Chocolate Cracknel	GLUTEN, MILK
FRIDAY		
M1	Simpsons Lincolnshire Sausage	GLUTEN, SULPHITES
M2	MSC Fish Fingers	FISH, GLUTEN
M3	Cheese & Potato Pasty	EGG, GLUTEN, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Baked Beans	
Dessert	Fruit Crumble & Custard	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 2		
MONDAY		
M1	Cheese & Tomato Pizza Slices & Ketchup	GLUTEN, MILK
M2	Nut Free Pesto Pasta	GLUTEN, MILK, SULPHITES
M3	Potato & Vegetable Curry & Rice	MUSTARD, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Peas, Sweetcorn & Carrots	
Dessert	Oat Cookie	GLUTEN
TUESDAY		
M1	Mega Mild Mexican Chicken, Tortilla Wrap & Rice	GLUTEN
M2	Sloppy Joe Potato Skins – Mild Chilli and Cheese Melt	MILK
M3	Quorn Sloppy Joe Potato Skins – Mild Quorn Chilli and Cheese Melt	GLUTEN, EGG, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Rainbow Salad Platter	
Dessert	Jelly & Melon Slice	
WEDNESDAY		
M1	Bolognese Pasta	GLUTEN
M2	Creamy Chicken Cottage Pie	GLUTEN, MILK
M3	Ratatouille Pasta	GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Toffee Sponge & Custard	EGG, GLUTEN, MILK
THURSDAY		
M1	Roast Chicken & Diced Roast Potatoes	
M2	Tuna & Sweetcorn Pasta Bake	FISH, GLUTEN, MILK
M3	Quorn Sausage & Diced Roast Potatoes	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Chocolate Cracknel	GLUTEN, MILK
FRIDAY		
M1	Simpsons Puff Pastry Sausage Roll	EGG, GLUTEN, MILK, SULPHITES
M2	Mild Peri Peri Chicken	MUSTARD
M3	Cheese & Egg Toasted Wrap	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Baked Beans	
Dessert	Carrot Cake & Orange Wedge	EGG, 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 3		
MONDAY		
M1	Macaroni Cheese & Bread Selection	GLUTEN, MILK, SOYA
M2	Salmon & Potato Bake	FISH, GLUTEN, MILK, MUSTARD
M3	Cheese Topped Veggie Cottage Pie	MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Tutti Frutti Biscuit	GLUTEN, SULPHITES
TUESDAY		
M1	Beef Cottage Pie	FISH, GLUTEN
M2	Hunters Chicken Pasta	GLUTEN, MILK
M3	Stuffed Pepper in Tomato Sauce	MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Strawberry Mousse & Mini Doughnuts	EGG, GLUTEN, MILK, SOYA
WEDNESDAY		
M1	Roast Chicken & Mashed Potatoes	
M2	Tomato Macaroni Bake	GLUTEN, MILK
M3	Puff Pastry Quorn Sausage Roll & Mashed Potato	EGG, GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Apple & Fresh Cream Sponge Cake	EGG, GLUTEN, MILK
THURSDAY		
M1	Meatball Pasta Bake	GLUTEN, MILK
M2	Picnic Bag – Ham Sandwich, Cheese Chunk, Cucumber Slices & Fruit & Chocolate Cake	EGG, GLUTEN, MILK, SOYA, SULPHITES
M3	Cheese Pizza Baguette & Ketchup	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Rainbow Salad	
Dessert	Chocolate Cake	EGG, GLUTEN
FRIDAY		
M1	Breaded Fish Fingers	FISH, GLUTEN
M2	Cauliflower & Broccoli Cheese Bake	GLUTEN, MILK, MUSTARD
M3	Vegetable Quiche	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Diced Roast Potatoes, Peas & Ketchup	
Dessert	Banana & Chocolate Custard	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	Creamy Tomato Pasta & Garlic Bread	GLUTEN, MILK
M2	Vegie Pizza Baguette & Ketchup	GLUTEN, MILK
M3	Potato & Vegetable Curry with Rice	MUSTARD, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Cocoa Oat Cookie	GLUTEN
TUESDAY		
M1	Mega Mild & Creamy Coconut Chicken Curry & Rice	MUSTARD, MILK
M2	Ham & Cheese Potato Shells	MILK
M3	Quorn Sausage, Bean & Mash Pie	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Jelly & Diced Peaches	
WEDNESDAY		
M1	Roast Gammon	SULPHITES
M2	Breaded Vegetable Fingers & Ketchup	GLUTEN
M3	Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Mixed Vegetables	
Dessert	Flapjack & Orange Wedge	GLUTEN
THURSDAY		
M1	Beef Lasagne	GLUTEN, MILK
M2	Chicken & Rice Burrito	GLUTEN, MILK
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Toffee Sponge & Custard	EGG, GLUTEN, MILK
FRIDAY		
M1	Sausage, Hash Brown & Mini Roll	GLUTEN, SOYA, SULPHITES
M2	Cheese & Bacon Brunch Wrap	GLUTEN, MILK
M3	Egg Muffins, Hash Brown & Mini Roll	EGG, GLUTEN, MILK, SOYA
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baked Beans	
Dessert	Red Nose Shortbread	GLUTEN
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	Cheese & Tomato Pizza Slices & Ketchup	GLUTEN, MILK
M2	Nut Free Pesto Pasta	GLUTEN, MILK, SULPHITES
M3	Stuffed Pepper in Tomato Sauce	MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Peas, Sweetcorn & Carrots	
Dessert	Oat Cookie	GLUTEN
TUESDAY		
M1	Chicken Breast & Rice & optional BBQ Sauce	GLUTEN, FISH, MUSTARD
M2	Bacon Mac' Cheese	GLUTEN, MILK, MUSTARD
M3	Quorn Dippers & Rice & optional BBQ Sauce	EGG, FISH, MILK, GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Fruit Crumble & Custard	GLUTEN, MILK
WEDNESDAY		
M1	Lincolnshire Sausage & Mini Roll	GLUTEN, SOYA, SULPHITES
M2	BBQ Pulled Pork & Fresh Roll	GLUTEN, FISH, MUSTARD, SOYA
M3	Veggie Bean Burger & Fresh Roll	EGG, GLUTEN, SOYA
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Ice Cream & Fresh Fruit Platter	MILK
THURSDAY		
M1	Roast Beef	
M2	Ham & Cheese Pie	EGG, GLUTEN, SULPHITES
M3	Homemade Quorn Toad in the Hole	EGG, GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mashed Potato & Mixed Vegetables	
Dessert	Vanilla Sponge with Raspberry Ripple Icing	EGG, GLUTEN
FRIDAY		
M1	Breaded Fish Cake	FISH, GLUTEN, MILK, MUSTARD
M2	Grilled Cheese Toastie	GLUTEN, EGG, MILK, MUSTARD, SOYA
M3	Cheese & Broccoli Fritter	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Diced Potatoes, Peas & Ketchup	
Dessert	Chocolate Cracknel	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 6		
MONDAY		
M1	Macaroni Cheese & Bread Selection	GLUTEN, MILK, SOYA
M2	Savoury Quorn Mince in Gravy & Yorkshire Pudding	EGG, GLUTEN, MILK
M3	Mild Mexican Bean Wrap	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Tutti Frutti Cookie	GLUTEN, SULPHITES
TUESDAY		
M1	Breaded Fish Fingers	FISH, GLUTEN
M2	Gammon Ham	SULPHITES
M3	Cauliflower & Broccoli Cheese Bake	GLUTEN, MILK, MUSTARD
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potato & Baked Beans	
Dessert	Jelly & Melon Slice	
WEDNESDAY		
M1	Bolognese Pasta	GLUTEN
M2	Creamy Chicken Cottage Pie	GLUTEN, MILK
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Vanilla Sponge & Chocolate Custard	EGG, GLUTEN, MILK
THURSDAY		
M1	Roast Chicken	
M2	Salmon Quiche	EGG, GLUTEN, FISH, MILK
M3	Spring Vegetable Quiche	EGG, GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Diced Roast Potatoes, Stuffing, Peas & Carrots	
Dessert	Easter Chocolate Brownie	EGG, GLUTEN, MILK
FRIDAY		
M1		
M2		
M3		
M5		
Side		
Dessert		
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	