



# Allergen Information

## Term 1 2021/22

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. 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.

<b>WEEK 1</b>		
<b>MONDAY</b>		
M1	Macaroni Cheese & Bread Selection	GLUTEN, MILK, SOYA
M2	<i>Option 2 is back soon!</i>	
M3	Quorn Sausage & Cheese Muffin	EGG, GLUTEN, MILK, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, SOYA
Side	Mixed Vegetables	
Dessert	Peaches, Ice Cream & Strawberry Sauce	MILK
<b>TUESDAY</b>		
M1	Simpsons Lincolnshire Sausage & Mash	GLUTEN, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Spinach, Sweet Potato & Lentil Dahl with Rice	
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Baked Beans or Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>WEDNESDAY</b>		
M1	Roast Chicken	
M2	<i>Option 2 is back soon!</i>	
M3	Cheese & Tomato Omelette	EGG, GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Chocolate Cracknel	GLUTEN, MILK
<b>THURSDAY</b>		
M1	Beef Lasagne & Garlic Slice	GLUTEN, MILK
M2	<i>Option 2 is back soon!</i>	
M3	Cheese Filled Potato Shells	MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Rainbow Salad	
Dessert	Jam Sponge & Custard	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Fish Fingers	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Veggie Dippers	GLUTEN
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Curly Fries, Peas & Ketchup	
Dessert	Fruity Friday - 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	The Twit's Wormy Spaghetti Bolognese & Bread Selection	GLUTEN, SOYA
M2	<i>Option 2 is back soon!</i>	
M3	Matilda's Magical Bean Wrap	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Sunbeams & Rainbow Salad	
Dessert	Whippie-Scrumptious Fudgemallow Brownie & Ice Cream	EGG, GLUTEN, MILK
<b>TUESDAY</b>		
M1	Mild Coconut Chicken Curry & Rainbow Rice	MILK, MUSTARD
M2	<i>Option 2 is back soon!</i>	
M3	Pasta with Rataouille Sauce	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
<b>WEDNESDAY</b>		
M1	Simpsons Lincolnshire Sausage Roll & Mashed Potato	EGG, GLUTEN, MILK, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Quorn & Vegetable Hotpot	EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baked Beans & Crudites	
Dessert	Chocolate Pear Sponge & Chocolate Sauce	EGG, GLUTEN, MILK
<b>THURSDAY</b>		
M1	Roast Beef	
M2	<i>Option 2 is back soon!</i>	
M3	Cheese & Tomato Omelette	EGG, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>FRIDAY</b>		
M1	MSC Battered Fish	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Rainbow Pizza	GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips & Peas	
Dessert	Fruity Friday - Fruit Platter & Flapjack 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 3</b>		
<b>MONDAY</b>		
M1	Mild Chilli Mince, Tortilla Boat & Rice	GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Macaroni Cheese & Bread Selection	GLUTEN, MILK, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Strawberry Mousse & Fruit Salad	MILK
<b>TUESDAY</b>		
M1	Chicken Breast & Garlic Mayo	EGG
M2	<i>Option 2 is back soon!</i>	
M3	Cheese Puff Pastry Whirl	EGG, GLUTEN, MILK, MUSTARD
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Oven Chips & Mixed Vegetables	
Dessert	Tutti Frutti Sponge & Custard	EGG, GLUTEN, SULPHITES
<b>WEDNESDAY</b>		
M1	Autumn Beef Cottage Pie	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Sweet Potato Burger, Roll & Ketchup	GLUTEN
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Iced Carrot Cake	EGG, GLUTEN, MILK
<b>THURSDAY</b>		
M1	Simpsons Lincolnshire Sausage	GLUTEN, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Chickpea & Veggie Fritters	EGG, GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
<b>FRIDAY</b>		
M1	MSC Fishcake	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Quorn Dippers	EGG, GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Fruity Friday - Fresh Fruit Platter & Shortbread	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 4</b>		
<b>MONDAY</b>		
M1	Go Faster Pasta - Ratatouille Sauce & Garlic Bread	GLUTEN, SOYA
M2	<i>Option 2 is back soon!</i>	
M3	Bicycle Wheel Rainbow Pizza, Diced Potatoes & Ketchup	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Mini Doughnut & Ice Cream	
<b>TUESDAY</b>		
M1	Roast Beef & Mashed Potato	
M2	<i>Option 2 is back soon!</i>	
M3	Tortilla Boat with Mexican Beans & Vegetable Sausage	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Sticky Toffee Pudding	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Sweet & Sour Chicken & Rice	EGG, GLUTEN, SOYA
M2	<i>Option 2 is back soon!</i>	
M3	Cheese Filled Potato Shells	MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Apple Crumble & Custard	GLUTEN, MILK
<b>THURSDAY</b>		
M1	MSC Fish Finger Roll & Mayo	FISH, GLUTEN, EGG
M2	<i>Option 2 is back soon!</i>	
M3	Cheese & Tomato Omelette	EGG, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Oven Chips & Baked Beans	
Dessert	Cherry Bakewell Cupcake	EGG, GLUTEN, MILK
<b>FRIDAY</b>		
M1	Lincolnshire Sausage & Mash	GLUTEN, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Lincolnshire Vegetable & Lentil Cottage Pie	MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Lincolnshire Vegetables	
Dessert	Fruity Friday - Fresh Fruit Platter & Grantham Gingerbread Biscuit	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	EGG, FISH
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 5</b>		
<b>MONDAY</b>		
M1	Pasta Bolognese	GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Quorn Southern Style Burger in a Fresh Roll, Cheese & Mayo	EGG, GLUTEN, MILK, MUSTARD, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Vegetables	
Dessert	Brownie Bites & Ice Cream	EGG, GLUTEN, MILK
<b>TUESDAY</b>		
M1	Mild Coconut Chicken Curry & Rainbow Rice	MILK, MUSTARD
M2	<i>Option 2 is back soon!</i>	
M3	Creamy Tomato Pasta	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Marble Sponge & Custard	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Chicken & Mashed Potato	
M2	<i>Option 2 is back soon!</i>	
M3	Mexican Bean Wrap	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Peaches, Fresh Cream & Strawberry Sauce	MILK
<b>THURSDAY</b>		
M1	Lincolnshire Sausage Hot Dog & Curly Potato Chips	GLUTEN, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Cheese Filled Potato Shells	
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Baked Beans (Chips)	
Dessert	Chocolate Cracknel	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Fishcake	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Chickpea & Veggie Fritter	EGG, GLUTEN, MILK
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potatoes Wedges, Peas & Ketchup	
Dessert	Fruity Friday - 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	Mac 'N Cheese with Garlic Bread	GLUTEN, MILK, SOYA
M2	<i>Option 2 is back soon!</i>	
M3	Italiano Rice & Lentil Stuffed Peppers	MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Mixed Salad	
Dessert	Red, White & Blue American Pancakes (Berry Compote & Cream)	EGG, GLUTEN, MILK
<b>TUESDAY</b>		
M1	Beef Lasagne	GLUTEN, MILK
M2	<i>Option 2 is back soon!</i>	
M3	Sweet Potato, Spinach & Butterbean Casserole	
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Peach Sponge & Custard	EGG, GLUTEN, MILK
<b>WEDNESDAY</b>		
M1	Roast Chicken	
M2	<i>Option 2 is back soon!</i>	
M3	Quorn & Vegetable Hot Pot	EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mashed Potato & Mixed Vegetables	
Dessert	Vanilla Buttercream Sponge Cake	EGG, GLUTEN, MILK
<b>THURSDAY</b>		
M1	Mild Chilli Mince, Tortilla Boat & Rice	GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Pasta & Ratatouille Sauce	GLUTEN
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Mixed Vegetables	
Dessert	Chocolate Tiffin	GLUTEN, MILK
<b>FRIDAY</b>		
M1	Simpsons Beef Burger & Roll	GLUTEN, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Crispy Crumb Veggie Burger	GLUTEN, SULPHITES
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges & Baked Beans	
Dessert	Fruity Friday - Fruit Platter & Flapjack 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>		
M1	Ham & Cheese Pizza	GLUTEN, MILK
M2	<i>Option 2 is back soon!</i>	
M3	Quorn Sausage & Cheese Muffin	EGG, GLUTEN, MILK, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN
Side	Diced Potatoes & Mixed Vegetables	
Dessert	Fruit Jelly & Ice Cream	MILK
<b>TUESDAY</b>		
M1	Cottage Pie	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Cheese Puff Pastry Whirl & Mashed Potato	EGG, GLUTEN, MILK, MUSTARD
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Chocolate Sponge & Chocolate Sauce	
<b>WEDNESDAY</b>		
M1	Simpsons Lincolnshire Sausage Roll & Mashed Potato	EGG, GLUTEN, MILK, SULPHITES
M2	<i>Option 2 is back soon!</i>	
M3	Spinach, Sweet Potato & Lentil Dahl with Rice	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Baked Beans or Peas	
Dessert	Iced Carrot Cake	EGG, GLUTEN, MILK
<b>THURSDAY</b>		
M1	Roast Beef	
M2	<i>Option 2 is back soon!</i>	
M3	Cheese & Tomato Omelette	EGG, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN
Side	Roast Potatoes & Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>FRIDAY</b>		
M1	MSC Fish Finger Roll	FISH, GLUTEN
M2	<i>Option 2 is back soon!</i>	
M3	Vegetable Dippers	GLUTEN
M5	Diced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips & Baked Beans	
Dessert	Fruity Friday - Fruit Platter & Shortbread	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	