



# Allergen Information

## Term 3 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.

<b>WEEK 1</b>		
<b>MONDAY</b>		
M1		
M2		
M3		
M5		
Side		
Dessert		
<b>TUESDAY</b>		
M1	Chicken Breast Strips, Tortilla, Rice & Garlic Sauce	GLUTEN, EGG, MILK, MUSTARD
M2	Spaghetti Bolognese	GLUTEN
M3	Mild Mexican Cheesy Beans, Tortilla, Rice & Mayo	GLUTEN, MILK, MUSTARD
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Salad	
Dessert	Vanilla Sponge & Custard	GLUTEN, EGG, MILK
<b>WEDNESDAY</b>		
M1	Cheese & Tomato Pizza & Herby Baby Potatoes	GLUTEN, MILK
M2	Ham & Cheese Potato Shells	MILK, SULPHITES
M3	Macaroni Cheese	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Peas & Sweetcorn	
Dessert	Banana & Hot Chocolate Custard	MILK
<b>THURSDAY</b>		
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	Roast Potatoes & Mixed Vegetables	
Dessert	Fruit Jelly	
<b>FRIDAY</b>		
M1	Birdwatch Brunch - Sausage, Hash Brown, Fresh Roll, Tomato	GLUTEN, SOYA, SULPHITES
M2	Grilled Cheese & Tomato Toastie	GLUTEN, EGG, MILK, MUSTARD
M3	Veggie Brunch - Quorn Sausage, Hash Brown, Fresh Roll, Tomato	GLUTEN, SOYA
M5	Sliced Ham Baguette	
Side	Baked Beans	
Dessert	Shortbread Bird 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, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 2</b>		
<b>MONDAY</b>		
M1	Tomato Macaroni & Garlic Bread	GLUTEN, MILK
M2	Stuffed Pepper	MILK
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Apple Crumble & Custard	GLUTEN, MILK
<b>TUESDAY</b>		
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	Chocolate Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
<b>WEDNESDAY</b>		
M1	Lincolnshire Sausage & Mash	GLUTEN, SULPHITES
M2	Ham, Cheese & Potato Pasty	GLUTEN, EGG, MILK, MUSTARD
M3	Sweet Potato & Lentil Curry with Rice	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>THURSDAY</b>		
M1	Beef Lasagne	GLUTEN, MILK
M2	Chicken & Rice Burrito	GLUTEN, MILK
M3	Mild Mexican Bean Wrap	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Victoria Sponge Cake	EGG, GLUTEN
<b>FRIDAY</b>		
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	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Pancake with Syrup & Banana	GLUTEN, EGG, MILK
<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, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 3</b>		
<b>MONDAY</b>		
M1	Cheese & Tomato Pizza & Herby Baby Potatoes	GLUTEN, MILK
M2	Macaroni Cheese	GLUTEN, MILK
M3	Quorn Bolognese with Rice	EGG, GLUTEN
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Peas & Sweetcorn	
Dessert	Fruit Jelly	
<b>TUESDAY</b>		
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	Jaffa Sponge Cake	EGG, GLUTEN
<b>WEDNESDAY</b>		
M1	Hunters Style Chicken & Rice	GLUTEN, FISH, MUSTARD
M2	Ham & Cheese Potato Shells	MILK, SULPHITES
M3	Tomato Pasta & Garlic Slice	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Strawberry Mousse & Fresh Fruit Selection	MILK
<b>THURSDAY</b>		
M1	Simpsons Beef Burger, Cheese & Fresh Roll	GLUTEN, SULPHITES, SOYA, MILK
M2	Picnic Bag, Ham Sandwich, Pizza Slice, Cheese Cubes & Crudities	GLUTEN, SULPHITES, SOYA, MILK
M3	Breaded Vegetable Fingers, Cheese & Fresh Roll	GLUTEN, MILK, SOYA
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Baked Beans, Lettuce Coleslaw & Cucumber Sticks	
Dessert	Chocolate Cracknell	GLUTEN, MILK
<b>FRIDAY</b>		
M1	Spaghetti Bolognese	GLUTEN
M2	Bacon, Leek & Potato Bake	MILK, MUSTARD
M3	Veggie Cottage Pie	
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Toffee Sponge & Custard	GLUTEN, EGG, MILK
<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, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 4</b>		
<b>MONDAY</b>		
M1	Breaded Chicken with Sweet & Sour Dipping Sauce	GLUTEN, MUSTARD, SOYA, SULPHITES
M2	Beef Chow Mein	GLUTEN, EGG, SOYA
M3	Vegetable Chow Mein	GLUTEN, EGG, SOYA
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Egg Rice & Mixed Vegetables	
Dessert	Mango Sponge Cake	GLUTEN, EGG
<b>TUESDAY</b>		
M1	Beef Lasagne	GLUTEN, MILK
M2	Mild & Creamy Coconut Chicken Curry & Rice	MILK, MUSTARD
M3	Quorn Sausage & Bean Hot Pot	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Butterscotch Cookie	GLUTEN
<b>WEDNESDAY</b>		
M1	Roast Pork, Stuffing & Roast Potatoes	GLUTEN
M2	Bacon Mac' Cheese	GLUTEN, MILK
M3	Cauliflower & Broccoli Cheese Bake & Roast Potatoes	GLUTEN, MILK, MUSTARD
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Chocolate Brownie & Orange Wedges	GLUTEN, EGG
<b>THURSDAY</b>		
M1	Cheese Puff Pastry Whirl & Mashed Potato	GLUTEN, EGG, MILK, MUSTARD
M2	Grilled Cheese & Tomato Toastie	GLUTEN, EGG, MILK, MUSTARD
M3	Quorn Dippers & Mashed Potato	GLUTEN, EGG, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Marble Sponge & Custard	GLUTEN, EGG, MILK
<b>FRIDAY</b>		
M1	MSC Breaded Fish	FISH, GLUTEN, MUSTARD
M2	Sliced Ham (served chilled)	SULPHITES
M3	Spinach, Tomato & Egg Muffins	EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips, Peas & Ketchup	
Dessert	Shortbread Biscuit & Melon Slice	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, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

<b>WEEK 5</b>		
<b>MONDAY</b>		
M1	Macaroni Cheese	GLUTEN, MILK
M2	Quorn Sausage Hot Pot	GLUTEN
M3	Cheese & Tomato Pizza & Herby Baby Potatoes	GLUTEN, MILK
M5	Tuna Mayonnaise Baguette	EGG, FISH, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Fruit Crumble & Custard	GLUTEN, MILK
<b>TUESDAY</b>		
M1	Mega Mild Chilli Mince, Tortilla, Rice & Sour Cream	GLUTEN, MILK
M2	Bolognese Pasta Bake	GLUTEN, MILK
M3	Mega Mild Chickpea Chilli, Rice & Sour Cream	GLUTEN, MILK
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mixed Vegetables	
Dessert	Buttercream Marble Sponge Cake	GLUTEN, EGG
<b>WEDNESDAY</b>		
M1	Simpsons Puff Pastry Sausage Roll	GLUTEN, SULPHITES, MILK, EGG
M2	Breaded Vegetable Fingers	GLUTEN
M3	Chickpea & Sweetcorn Fritter	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Fruit Jelly	
<b>THURSDAY</b>		
M1	Roast Chicken & Roast Potatoes	
M2	Chicken & Rice Burrito	GLUTEN, MILK
M3	Tomato Pasta & Garlic Bread	GLUTEN, MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Chocolate Cracknell	GLUTEN, MILK
<b>FRIDAY</b>		
M1	MSC Fishcake	FISH, GLUTEN
M2	Ham, Cheese & Potato Pasty	GLUTEN, EGG, MILK, MUSTARD, SULPHITES
M3	Quorn Balls in Tomato Sauce	GLUTEN, EGG, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Oven Chips, Peas, Sweetcorn & Ketchup	
Dessert	Ginger Cake & Custard	GLUTEN, EGG, MILK
<b>MONDAY</b>		
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	

<b>WEEK 6</b>		
<b>MONDAY</b>		
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	Toffee Sponge & Custard	GLUTEN, EGG, MILK
<b>TUESDAY</b>		
M1	Simpsons Lincolnshire Sausage	GLUTEN, SULPHITES
M2	Ham & Cheese Puff Pastry Whirl	GLUTEN, SULPHITES, MUSTARD, MILK, EGG
M3	Quorn Sausage	GLUTEN
M5	Grated Cheese Baguette	GLUTEN, MILK
Side	Mashed Potato and Baked Beans	
Dessert	Strawberry Mousse & Fresh Fruit Selection	MILK
<b>WEDNESDAY</b>		
M1	Roast Turkey & Herby Potatoes	
M2	Spaghetti Bolognese	GLUTEN
M3	Vegetable Lasagne	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Mixed Vegetables	
Dessert	Oat Cookie	GLUTEN
<b>THURSDAY</b>		
M1	Minced Beef & Pork Ragu with Rice	
M2	Veggie Cottage Pie	
M3	Cheese Filled Potato Shells	MILK
M5	Chicken Mayo Baguette	EGG, GLUTEN, MUSTARD
Side	Mixed Vegetables	
Dessert	Chocolate Pear Sponge & Chocolate Sauce	GLUTEN, EGG, MILK
<b>FRIDAY</b>		
M1	MSC Fish Fingers	FISH, GLUTEN
M2	Salmon & Broccoli Crustless Quiche	FISH, EGG, MILK
M3	Mexican Bean Wrap	GLUTEN, MILK
M5	Sliced Ham Baguette	GLUTEN, SULPHITES
Side	Potato Wedges, Peas & Ketchup	
Dessert	Valentines 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, MUSTARD
Dessert	Yeo Valley Yoghurt - All Flavours	MILK
Fresh Fruit	Various	

