

# Full menu Allergen information



There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

These are:

Gluten	Celery	Crustaceans	Egg	Fish	Lupin	Mustard
Nut	Milk	Molluscs	Peanut	Sesame	Soya	Sulphites

## Allergen information for Term 3 – 2024

Blue option – Jacket potato choices	
Filling	Allergens
Tuna mayonnaise	Fish
Baked beans	None
Coleslaw	None
Cheese	Milk
Blue option – Pasta choices (GLUTEN)	
Topping	Allergens
Tomato & Basil sauce	None
Cheese	Milk
Yellow option – Sandwich choices	
Ingredient	Allergens
Wrap/Bread /Baguette	Gluten, Soya, Sesame
Cheese	Milk
Ham	None
Egg mayonnaise	Egg
Tuna mayonnaise	Fish
Coleslaw	None

The yoghurt that we provide as an option each day for our puddings contains **Milk**.

We are able to provide gluten free or vegan fillings on our deli, pasta and jacket options for those children who have Vegan or Gluten listed as an allergen on their Fresh Start account.

CONTAINS GLUTEN can be adapted for children with gluten allergy		VEGAN can be adapted to vegan
<b>Theme Day – Thur 18<sup>th</sup> Jan – Winnie the Pooh</b>		
Meal choice	Meal description	Allergens
Red option	Pooh's Sticky Honey & Soy Chicken & Rice	SOYA (soy sauce), GLUTEN (soy sauce)
Green option	Piglets perfect potato boats (V)	MILK (cheese)
Blue option	<b>Tigger's Twisted Tail Pasta (VG)</b>	GLUTEN (pasta)
Yellow option	Christopher Robin's Cheese & Cucumber Sandwich (V)	MILK (cheese)
Desserts	Roo's Remarkable Carrot Cake	GLUTEN (Flour), EGG (Egg)
	Eyore's Cheer Up Rainbow Fruit Salad (VG & GF)	None

## Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Special fried rice (VG)	GLUTEN (soy sauce), SOYA (soy sauce)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Yoghurt or Peaches with fruit coulis	MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Pepperoni Pasta	GLUTEN (pasta) MILK (cheese)**
Green option	Vegetarian hot dog (VG)	GLUTEN (roll), SOYA (sausage), May contain SESAME (roll)
Dessert	Lemon drizzle cake	GLUTEN (flour), EGG (egg), May contain SOYA

\*\* Can be milk free for those listed with a milk allergen

Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast chicken, roast potatoes & Yorkshire pudding	MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA
Green option	Leek & potato bake (VG)	GLUTEN (Velouté) , May contain SOYA
Dessert	Fruit Jelly (VG)	NONE

Thursday		
Meal choice	Meal description	Allergens
Red option	Spaghetti bolognese	GLUTEN (spaghetti, red lentils)
Green option	Vegan sausage roll & diced potatoes (VG)	GLUTEN (pastry)
Dessert	Banana flapjack (VG)	GLUTEN (oats)

Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish fingers & chips	FISH, GLUTEN (breadcrumbs)
Green option	Roasted vegetable & mozzarella wrap (V)	GLUTEN(wrap) MILK (cheese)
Dessert	A Selection of Home Baking	GLUTEN, may contain EGG, may contain SOYA

\* This option can be provided allergy free by removing the Yorkshire pudding

## Week B

Monday		
Meal choice	Meal description	Allergens
Red option	Spinach & chickpea curry with rice (VG)	NONE
Green option	Macaroni cheese (V)	GLUTEN (pasta & bechamel sauce), MILK (cheese & bechamel sauce) , May contain SOYA
Dessert	Yoghurt with honey / fruit	MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Sausage plait, beans and coleslaw	GLUTEN (sausage meat & pastry) SULPHITES (sausage meat)
Green option	Roasted vegetable enchilada (V)	GLUTEN (wrap) MILK (cheese)
Dessert	Pear & honey cake	GLUTEN (flour), EGG (egg), May contain SOYA

Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast chicken, roast potatoes & Yorkshire pudding	MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA
Green option	Sweet potato biriyani (VG)	NONE
Dessert	Shortbread (VG)	GLUTEN (flour) , May contain SOYA

Thursday		
Meal choice	Meal description	Allergens
Red option	Mild chilli and rice	NONE
Green option	Neopolitan pasta (VG)	GLUTEN (pasta)
Dessert	Coconut cookies (VG)	GLUTEN (oats & flour) , May contain SOYA

Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	FISH, GLUTEN (breadcrumbs)
Green option	Five bean burrito (VG)	GLUTEN (tortilla)
Dessert	A Selection of Home Baking	GLUTEN, may contain EGG, may contain SOYA

\* This option can be provided allergy free by removing the Yorkshire pudding

## Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Vegetarian shepherd's pie (VG)	NONE
Green option	Cheesy pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Yoghurt with granola fruit coulis	MILK (yoghurt), GLUTEN (oats)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Cheesy ham & broccoli pasta	GLUTEN (pasta), MILK (cream, cheese)
Green option	Tomato & pesto pinwheels (V)	GLUTEN (pastry), MILK (pesto), SULPHITES (pesto)
Dessert	Ginger cake	GLUTEN (flour), EGG (egg) , May contain SOYA
Wednesday		
Meal choice	Meal description	Allergens
Red option	Toad in the hole with roast potatoes	MILK (Yorkshire Pudding), EGG (Yorkshire Pudding), GLUTEN (Yorkshire Pudding, sausage) , SULPHITES (sausage) May contain SOYA *
Green option	Vegetarian toad in the hole (V)	GLUTEN (Yorkshire Pudding), SOYA (sausages) ** MILK (Yorkshire pudding), EGG (Yorkshire pudding)
Dessert	Fruit Jelly (VG)	NONE
Thursday		
Meal choice	Meal description	Allergens
Red option	Chicken korma and rice	NONE
Green option	Veggie meatballs with pasta (VG)	GLUTEN (pasta), SOYA (meatballs)
Dessert	Chocolate orange cookie (VG)	GLUTEN (flour) , May contain SOYA
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	FISH and GLUTEN (breadcrumbs)
Green option	Winter veg tagine with cous cous (VG)	GLUTEN (cous cous)
Dessert	A Selection of Home Baking	GLUTEN, may contain EGG May contain SOYA

\* This option can be provided allergy free by removing the Yorkshire pudding and a GF sausage

\*\*This option can be provided gluten & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free