

# Food Hypersensitivity (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

## Food Hypersensitivity (Allergen) information for Term 3 JAN-FEB 2026

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

We are able to provide GLUTEN free and VEGAN fillings on our deli, pasta and jacket options for those children who have VEGAN (MILK & EGG) 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>International Theme Day – Thur 15<sup>th</sup> January</b>			
Meal choice	Meal description	Allergens	
Red option	American hot dog, wedges & winter slaw	GLUTEN (roll & sausage) *	
Green option	Jamaican vegetable curry & rice (VG)	None	
Blue option	English jacket potato with a choice of fillings	MILK (cheese)	FISH (tuna mayo)
Yellow option	Italian pizza sub with mixed salad (V)	GLUTEN (baguette) **	MILK (cheese)
		May contain SESAME (baguette)	
Dessert	Australian Anzac biscuits (VG)	GLUTEN (flour & oats)	

\* CAN BE GLUTEN FREE BY REPLACING WITH GF SAUSAGE AND SERVING WITHOUT THE BUN

\*\*Can be Gluten free using Gluten free pizza base

## Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Singapore style noodles (VG)	GLUTEN (noodles), SOYA (soy sauce)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats) MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Salmon fishcakes	FISH (salmon)
Green option	Macaroni cheese (V)	GLUTEN (pasta & bechamel sauce) MILK (cheese & bechamel sauce)
Dessert	Lemon shortbread (VG)	GLUTEN (flour), May contain SOYA (flour)

Wednesday		
Meal choice	Meal description	Allergens
Red option	Sausage plait, roast potatoes, seasonal veg & gravy	GLUTEN (pastry) * May contain LUPIN, SOYA, MUSTARD (pastry)
Green option	Veggie Cowboy Pie with roast potatoes & seasonal veg (VG)	GLUTEN(pastry)** May contain LUPIN, SOYA, MUSTARD (pastry)
Dessert	Jelly (VG)	None

Thursday		
Meal choice	Meal description	Allergens
Red option	Chicken korma with rice	None
Green option	Roasted veg and bean burrito (VG)	GLUTEN (tortilla)
Dessert	Chocolate courgette cake (V)	GLUTEN (flour), EGG (eggs), May contain SOYA (flour)

Friday		
Meal choice	Meal description	Allergens
Red option	Fish fingers & chips	GLUTEN (breadcrumbs) FISH (fish fingers)
Green option	Fishless fingers and chips (VG)	GLUTEN & SOYA (fishless finger)
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA

\* Can be GLUTEN FREE by swapping for a GF sausage in replacement of the sausage plait

\*\* Can be GLUTEN FREE without pastry lid

## Week B

Monday			
Meal choice	Meal description	Allergens	
Red option	Veggie meatballs and rice (VG)	SOYA (meatballs)	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats)	MILK (yoghurt)

Tuesday			
Meal choice	Meal description	Allergens	
Red option	All day breakfast	MILK (scrambled eggs), EGG (egg)	
Green option	Veggie all day breakfast (VG)	SOYA (sausage)	
Dessert	Chewy chocolate biscuits (VG)	GLUTEN (flour), May contain SOYA (flour)	

Wednesday			
Meal choice	Meal description	Allergens	
Red option	Roast Chicken, Yorkshire pudding and roast potatoes	GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding) *	
Green option	Shepherdess Pie (VG)	GLUTEN (May contain) in Lentils, NOT suitable for Coeliacs	
Dessert	Jelly (VG)	None	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Spaghetti bolognese	GLUTEN (spaghetti)	
Green option	Spinach and chickpea curry (VG)	None	
Dessert	Dorset apple cake (V)	GLUTEN (flour,) EGG (cake), May contain SOYA (flour)	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)	FISH
Green option	Vegetable pasty and chips (VG)	GLUTEN (pastry), May contain LUPIN, SOYA, MUSTARD (pastry)	
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA	

\* This option can be provided allergy free by removing the Yorkshire pudding for those registered with MILK, EGG and GLUTEN allergies.

## Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Sweet potato, pepper and coconut curry with rice (VG)	None
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats)      MILK (yoghurt)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Pasta carbonara (ham)	GLUTEN (spaghetti)      MILK (cream)
Green option	Cheesy bean bake (V)	MILK (cheese)
Dessert	Flapjack (VG)	GLUTEN (oats)      SULPHITES (sultana)
Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast chicken, roast potatoes & Yorkshire pudding	GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding)*
Green option	Meatless mince puff pie (VG)	GLUTEN (pastry)**      SOYA (veggie mince)
Dessert	Cheese and crackers (V)	GLUTEN (crackers)      MILK (cheese)
Thursday		
Meal choice	Meal description	Allergens
Red option	Pork and apple casserole with rice	None
Green option	Pesto Pasta (VG)	GLUTEN (pasta)
Dessert	Orange drizzle cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA (flour)
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)      FISH
Green option	Veggie sausage and chips (VG)	SOYA (vegan sausage)
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA

\* This option can be provided Gluten, milk and egg allergy free by removing the Yorkshire pudding

\*\* Can be GLUTEN FREE without pastry lid

**MANY OF OUR DESSERTS CONTAIN GLUTEN (flour - which is also May contain SOYA), MILK OR EGG, FOR THOSE CHILDREN REGISTERED WITH THOSE ALLERGENS AN ALTERNATIVE DESSERT WILL BE OFFERED BUT THIS WILL NOT ALWAYS BE A LIKE FOR LIKE REPLACEMENT OF THE DESSERT FOR THAT DAY.**