

Key: Y=yes, N=no, MC= may contain

| DISH  | SUITABLE FOR VEGETARIANS | CONTAINS CEREAL | CONTAINS CRUSTACEANS | CONTAINS EGGS | CONTAINS FISH | CONTAINS PEANUTS | CONTAINS SOYA | CONTAINS MILK | CONTAINS NUTS | CONTAINS CELERY | CONTAINS MUSTARD | CONTAINS SESAME | CONTAINS SULPHUR DIOXIDE | CONTAINS LUPIN | CONTAINS MOLLUSCS |
|---|--------------------------|-----------------|----------------------|---------------|---------------|------------------|---------------|---------------|---------------|-----------------|------------------|-----------------|--------------------------|----------------|-------------------|
| <b>WEEK ONE</b>   |                          |                 |                      |               |               |                  |               |               |               |                 |                  |                 |                          |                |                   |
| QUORN SAUSAGE, HOT DOG ROLL                                       | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| VEGEBALLS, TOMATO SAUCE, RICE                                     | Y                        | Y               | N                    | N             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| MELTING MOMENT BISCUIT  | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SALMON FISHPASTE, NEW POTATOES                                    | N                        | Y               | N                    | N             | Y             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| MACARONI CHEESE   | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| CHOCOLATE SPONGE CAKE   | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ROAST TURKEY, ROAST POTATOES, PEAS, CARROTS, GRAVY                | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| COURGETTE SAUSAGE, ROAST POTATOES, PEAS, CARROTS & GRAVY          | Y                        | Y               | N                    | Y             | N             | N                | Y             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| FRESH FRUIT SALAD   | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ICE CREAM   | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| ORGANIC BEEF BOLOGNESE, WHOLEMEAL SPAGHETTI                       | N                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SUPER CHOW MEIN   | Y                        | Y               | N                    | Y             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FLAPJACK  | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FREE RANGE PORK SAUSAGE   | N                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| QUORN DIPPERS   | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| GINGER BISCUIT  | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| <b>WEEK TWO</b>   |                          |                 |                      |               |               |                  |               |               |               |                 |                  |                 |                          |                |                   |
| ORGANIC BEEF MEATBALLS, TOMATO SAUCE, COUSCOUS                    | N                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| CHICKPEA AND SPINACH SAMOSA, RICE                                 | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| COCONUT CRUNCH BISCUIT  | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| CHICKEN TIKKA, TURMERIC RICE                                      | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| CHEESE OMELETTE, POTATO WEDGES                                    | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| MARBLD SPONGE CAKE  | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ORGANIC ROAST BEEF, ROAST POTATOES, PEAS, CARROTS, GRAVY          | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| YORKSHIRE PUDDING   | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| CAULIFLOWER & BROCCOLI BAKE, ROAST POTATOES, PEAS, CARROTS, GRAVY | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| FRESH FRUIT SALAD   | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| JELLY   | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| BBQ CHICKEN, RICE   | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| PASTA ITALIENNE   | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| OATIE BISCUIT   | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FISH FINGERS  | N                        | Y               | N                    | N             | Y             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| CHEESE AND TOMATO PIZZA   | Y                        | Y               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| CHOCOLATE BROWNIE   | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| <b>WEEK THREE</b>   |                          |                 |                      |               |               |                  |               |               |               |                 |                  |                 |                          |                |                   |
| BACON, WHOLEMEAL PASTA TWIRLS, TOMATO SAUCE                       | N                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FALAFEL, TORTILLA WRAP  | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SPONGE CAKE   | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ORGANIC BEEF BURGER, WHOLEMEAL ROLL                               | N                        | Y               | N                    | N             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| VEGGIE LASAGNE  | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| CHOCOLATE CRUNCH BISCUIT  | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ROAST GAMMON, ROAST POTATOES, PEAS, CARROTS & GRAVY               | N                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | Y                        | N              | N                 |
| CHEESE & SPINACH QUICHE, ROAST POTATOES, PEAS, CARROTS, GRAVY     | Y                        | Y               | N                    | Y             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| FRUIT ICE LOLLY   | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FROZEN STRAWBERRY YOGHURT   | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| CHICKEN KORMA, RICE   | N                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| VEGETARIAN SAUSAGE ROLL, POTATO WEDGES BAKED                      | Y                        | Y               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| LEMON DRIZZLE CAKE  | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| BREADED POLLOCK   | N                        | Y               | N                    | N             | Y             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| VEGGIE NUGGETS  | Y                        | Y               | N                    | Y             | N             | N                | Y             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| SYRUP BISCUIT   | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |

## SCHOOL FOOD COMPANY – LIST OF ALLERGENS – SUMMER 2019

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|--|--------------------------|-----------------|----------------------|---------------|---------------|------------------|---------------|---------------|---------------|-----------------|------------------|-----------------|--------------------------|----------------|-------------------|
| CHIPS                                    | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| JACKET POTATO                            | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| JACKET POTATO FILLING<br>BAKED BEANS     | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| JACKET POTATO FILLING<br>TUNA MAYONNAISE | N                        | N               | N                    | Y             | Y             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| JACKET POTATO FILLING<br>GRATED CHEESE   | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| BREAD NO SPREAD                          | Y                        | Y               | N                    | N             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| WHOLEMEAL ROLL                           | Y                        | Y               | N                    | N             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| FRESH FRUIT PLATTER                      | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| LOW FAT FRUIT YOGHURT                    | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| 50% FRUIT JUICE/50% WATER                | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| ORGANIC SEMI SKIMMED MILK                | Y                        | N               | N                    | N             | N             | N                | N             | Y             | N             | N               | N                | N               | N                        | N              | N                 |
| COLESLAW (ACCOMPANIMENT)                 | Y                        | N               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| KETCHUP (ACCOMPANIMENT)                  | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| HOUMOUS (ACCOMPANIMENT)                  | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | Y               | N                        | N              | N                 |
| GRAVY (ACCOMPANIMENT)                    | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SALAD BAR<br>PASTA SALAD                 | Y                        | Y               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SALAD BAR<br>EGG NOODLE SALAD            | Y                        | Y               | N                    | Y             | N             | N                | Y             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SALAD BAR<br>RICE SALAD                  | Y                        | N               | N                    | Y             | N             | N                | N             | N             | N             | N               | N                | N               | N                        | N              | N                 |
| SALAD BAR<br>CHOPPED CELERY              | Y                        | N               | N                    | N             | N             | N                | N             | N             | N             | Y               | N                | N               | N                        | N              | N                 |

NB: ADDITIONAL GLUTEN FREE PRODUCTS AVAILABLE ON REQUEST, PLEASE CONTACT YOUR SCHOOL OFFICE FOR MORE DETAILS