

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
WEEK ONE															
ORGANIC BEEF LASAGNE	N	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
QUORN SAUSAGE, HOT DOG ROLL	Y	Y	N	Y	N	N	N	Y	N	N	N	MC	N	N	N
CHOCOLATE CRUNCH BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
CHICKEN KORMA, RICE	N	Y	N	N	N	N	N	Y	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
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
ROAST TURKEY, ROAST POTATOES, PEAS, CARROTS & GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
CHEESY COURGETTE SAUSAGE, ROAST POTATOES, PEAS, CARROTS & GRAVY	Y	Y	N	Y	N	N	Y	Y	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
CHINESE F/R PORK, EGG NOODLES	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
PASTA IN TOMATO & BASIL SAUCE	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
SPONGE CAKE	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
POLLOCK FILLET IN BATTER	N	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N
CHEESE & TOMATO PIZZA	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
FLAPJACK	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
WEEK TWO															
PORK KEBAB, TORTILLA WRAP	N	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
MEAN BEAN CHILLI, POTATO WEDGES	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
CARROT CAKE	Y	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
SALMON FISHCAKE, NEW POTATOES	N	Y	N	N	Y	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
SYRUP BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ORGANIC ROAST BEEF, ROAST POTATOES, PEAS, CARROTS AND GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
CAULIFLOWER & BROCCOLI BAKE, ROAST POTATOES, PEAS, CARROTS AND GRAVY	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
YORKSHIRE PUDDING	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
ICE CREAM	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
BBQ CHICKEN, RICE	N	Y	N	N	N	N	Y	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
FREE RANGE PORK SAUSAGE	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
CHEESE OMELETTE	Y	N	N	Y	N	N	N	Y	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
WEEK THREE															
HARISSA CHICKEN, COUSCOUS	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
VEGEMINCE BOLOGNESE, SPAGHETTI	Y	Y	N	Y	N	MC	Y	N	MC	N	N	N	N	N	N
LEMON DRIZZLE 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	N	N	N	N	N	MC	N	N	N
VEGETABLE SPRING ROLLS, EGG NOODLES	Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
GINGER BISCUIT	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
ROAST PORK, ROAST POTATOES, PEAS, CARROTS & GRAVY	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
CHEESE & BROCCOLI 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
CHICKEN TIKKA CHUNKS, TURMERIC RICE	N	N	N	N	N	N	N	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
SHORTBREAD	Y	Y	N	Y	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
CHEESY VEGGIE BURGER	Y	Y	N	Y	N	N	Y	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

SCHOOL FOOD COMPANY – LIST OF ALLERGENS – Summer Menu 2017

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
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 BAKED BEANS	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
JACKET POTATO FILLING TUNA MAYONNAISE	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N
JACKET POTATO FILLING 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	N	N	N	N	N	MC	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
SALAD BAR PASTA SALAD	Y	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
SALAD BAR EGG NOODLE SALAD	Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
SALAD BAR RICE SALAD	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
SALAD BAR 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