



Allergy Advice Spring Term 2019-2020

Allergen List	Wheat	Gluten	Barley	Rye	Spelt	Oats	Crustaceans	Mollusc	Soybeans	Fish	Peanuts	Nuts	Sulphur Dioxide	Sesame	Celery	Lupin	Mustard	Eggs	Milk	
Main Menu																				
Spring Term Week 1																				
Lamb Ragu Lasagne	X		X	X					X									X	X	X
Vegan Burger	X		X	X																
Fish Finger Wrap	X		X						X									X	X	
Peas																				
Broccoli																				
Sweet Potato Wedges																				
Muffin Monday	X		X															X		X
Chicken Sausage Hot Pot	X		X								X									
Chinese Veggie Noodles	X		X								X			X	X			X		
Creamy Salmon, Ratatouille									X										X	X
Broccoli																				
Cauliflower																				
New Potatoes																				
Lemon Sponge	X		X															X		X
Roast Chicken																				
Five a day Lasagne	X		X															X	X	X
Cauliflower & Broccoli Cheese																			X	X
Roast Potatoes																				
Jam & Coconut Sponge	X		X															X		X
Chicken Curry & Rice																				
Jerk Sweet Potato Curry																				
Thai Fish Curry									X											
Bombay Potato																				
Vegetable Samosa	X										X									
Spring Roll	X										X									X
Naan Bread	X		X																	
Pumpkin Sponge	X		X															X		X
Seasoned Wedges	X		X																	
Chilli Beef & Rice									X					X					X	
Quorn Lasagne	X		X											X				X	X	
Battered White Fish (Cod)	X		X				X		X											X
Spiced Potato Wedges Homemade														X						
Peas																				
Sweetcorn																				
Shirley Baked Beans																				
Canned Baked Beans																				
Yoghurts																				
Iced Ring Doughnuts	X		X								X			X						X

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Week 2																				
Sweet & Sour Chicken											X									
Egg Fried Rice											X							X		
Vegan Bean Roll	X		X													X			X	
Fish Finger Sandwich	X		X							X								X	X	
Spicy Wedges	X																			
Butternut Squash Muffins	X		X															X		X
Pulled Pork										X					X				X	
Bread Roll	X		X																	
Vegetable Fajitas	X		X																	X
Tuna & Sweetcorn Pasta bak	X		X							X								X		X
Broccoli & Peas																				X
Iced Rainbow Sponge	X		X															X		X
Roast Beef																				
Cheese & Onion Flan	X		X								X				X					X
Fish & lemon Butter										X										X
Apple Crumble & Custard	X		X															X		X
Lamb, Spinach Curry																				X
Vegan Thai Curry	X		X												X					
Spiced White Fish										X										
Tandoori Cauliflower																				X
Mushroom Bhaji															X					X
Chocolate Sponge	X		X															X		X
Indian Spiced Chicken															x				X	

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Main Menu Week 3																				
Veggie Pizzas	X		X																	X
Tuna Basil Pasta Bake	X		X						X											
Halal Chicken Casserole	X		X											X					X	X
Ratatouille Lasagne	X		X							X				X					X	
Seasonal Fish	X		X						X					X				X		X
Green Beans																				
St Clements Muffins	X		X															X		X
Roast Turkey																				
Vegetable Goulash														X					X	X
Baked Fish with Tomatoes									X										X	X
Apple Sponge & Custard	X		X															X		X
Beef Madras												X							X	X
Sweet Potato Curry																				
Amritsari Fish Sandwich	x		x						X	X				X				X	X	X
Spiced Green Beans	X		X																	
Spring Rolls	X																			X
Vegetable Samosa	X																			
Sweet Potato Cake	X		X															X		X
Mediterranean Lamb														X						
Cheese Flan	X		X															X		X
Cherry Sponge	X		X															X		X
Chocolate Brownie	X		X							X								X		X
Mixed Yoghurts	Labelled																			
Basic Sauces																				
Soya Béchamel		X										X								X
Dairy Béchamel		X																		X X

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Allergy Advice 2019-2020 Morning Break

2019	Wheat	Gluten	Barley	Rye	Spelt	Cats	Crustaceans	Mollusc	Soybeans	Fish	Nuts	Peanuts	Celery	Sulphur Dioxide	Sesame	Lupin	Mustard	Eggs	Milk
Morning Break & Burgers																			
Pizza																			
Cheese & tomato	x	x																	x
Pepperoni	x	x														x			x
Veggie	x	x																	x
Onion Bhajis																			
Veggie Samosa	x	x																	
Croquet Monsieur	x	x																	x x
Pastry Sausage Roll	x	x																	x x x
Veggie Curry Slice	x	x	x						x										x x x
Chicken Curry Slice	x	x	x						x										x x x
Steak Slice	x	x	x																x x x
Cheese & Onion Slice	x	x																	x x x
Chicken & Mushroom Slice	x	x										x							x x
Breakfast Wrap Sausage	x	x							x					x		x			x x
Croquet Madame	x	x																	x x x
Breakfast Wrap Ham	x	x												x		x			x
Savoury Pastry																			
Cheese & Tomato	x	x																	x x
Bacon & Cheese	x	x																	x x
Feta & Spinach	x	x																	x x
Mexican Bean (vegan)	x	x							x										
Pasta																			
Penne	x	x																	
Wholewheat	x	x																	
Cheese Sauce																			x x
Tomato (Vegan)																			
Chicken																			x
Burgers																			
Morning Break & Lunch																			
Large Chicken Halal	x	x																	
Beef									x						x				
Pork & Chorizo	x																		
Chilli	x	x													x				
Lamb									x						x				
Lamb & Beef Koftas									x						x				
Burger Buns	x														x				
Cajun Chicken Burger																x			

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Breakfast Menu Choice																				
Bread Roll with vegan spread	x		x																	
Bread without spread	x		x																	
Bacon																				
80% Pork Sausage	x		x								x							x		
Chicken Halal Sausage	x		x								x							x		
Egg																			x	
Tomato, Sliced																				
Mushrooms, Sliced																				x
Black Pudding	x			x			x													
Toast	x		x																	
Spread/Butter																				x
Omelette Meat or Veggie																		x		x
Cheese on Toast	x		x																	x
Hash Brown																				
Cinnamon Toast																				x
Soya Pancakes	x		x								x								x	
Dairy Pancakes	x		x																x	x
Sausage Roll Pastry	x		x																x	x

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Allergy Advice 2019-2020 Grab & GO

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Autumn Term 2019-2020													
Grab & Go Menu Choice													
Sweet Chilli Noodles	x	x	x					x		x	x	x	x
Chicken Curry										x		x	x
Chilli & Rice										x		x	x
Jerk Chicken Rice & Peas			x	x							x		
Pasta Sauce Only													
Shirley Tomato Sauce													
Beef Bolognese	x		x					x					
Lamb Bolognese													
Chicken & Basil													
Sausage & Tomato	x	x								x			x
Cheese Sauce	x	x											x
Fiery bean chilli	x	x	x										x
Wasabi tuna	x	x						x	x				x
Courgette & Bacon										x			x
Mediterranean Veggie													x
Ham & Leek	x	x											x
Pasta													
Whole Wheat Fusilli	x	x											
Plain Penne	x	x											
Plain Lasagne	x	x											
Wheat Free Pasta								x					
Rice													
Egg Fried Rice								x					
Long Grain Rice													
Whole Grain Rice													
Jacket Potato Fillings													
Mild Cheddar Cheese													x
Tuna Mayonnaise								x					x
Shirley Beans													
Canned Beans													
Coleslaw													x
Chilli Beef													x
Wraps													
Barbeque Chicken	x	x						x		x			x
Spicy Meatball	x	x								x			x
Chicken, Bacon & Mozzarella	x	x											x
Chicken Jalfrezi	x	x											x
Piri Piri Chicken	x	x	x					x		x			x
Sweet Chilli Chicken	x	x						x					x
Chicken mini fillet	x	x								x			x
Sweet chilli chicken	x	x	x	x	x			x					x
Crispy fried chicken	x	x						x					x
Pizzas, Cheese & Tomato Only													
Square	x	x											x
Roll	x	x											x
Wheat free								x					x
Fresh Dough	x	x											x
For Topping see label													
Chicago town cheese pizza	x	x	x										x
Chicago town pepperoni	x	x	x										x
Garlic Bread	x	x											
Homemade BBQ chicken & sweetcorn	x	x	x					x		x			x
Homemade tomato & veggie	x	x											x
Chicken Drum Stick													
Smokey BBQ	x	x						x					
Chinese													
Lemon Pepper	x	x											
Garden Mint													
Garlic Butter			x										x
Thai			x										x
Cajun	x	x								x			
Piri piri													
Tandoori	x												x
Kentucky													

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