School Meals Allergen Information Term 5 \& 62024

| x - Contains Potential Allergen | Milk | Gluten | Eggs | Fish | Soya | Mustard | Nuts | Peanuts | Celery | Sulphur Dioxide \& Sulphites | Sesame Seeds | Strawberries | Vegetarian | Vegan |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Options |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese and Tomato Pizza | x | x |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Chicken Noodles |  | x | x |  |  |  |  |  |  |  |  |  |  |  |
| Gammon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Tikka | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sausages (Gluten Free) |  |  |  |  |  |  |  |  |  | x |  |  |  |  |
| Vegetable Lasagne | x |  | x |  | x | x |  |  | x |  |  |  | $\checkmark$ |  |
| Omelette | x |  | x |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Cauliflower Cheese | x |  | x |  | x | x |  |  | x |  |  |  | $\checkmark$ |  |
| Quorn Sausage |  | x |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beef Chilli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Chilli |  | x | x |  | x |  |  |  |  |  |  |  | $\checkmark$ |  |
| Roast Pork |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Pie |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Cottage Pie |  | x | x |  | x |  |  |  |  |  |  |  | $\checkmark$ |  |
| Vegetable Noodles |  | x | x |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Salmon fishcakes |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Roast Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Side Options |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire Pudding | x | x | x |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Potato Wedges |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Hash Browns |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| New Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Mashed Potato |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Rice |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Gravy (Vegetarian, Gluten Free) |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mixed Salad |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Grilled Tomato |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Light Bites |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato with Cheese | x |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Jacket Potato with Tuna Mayonnaise |  |  | x | x |  |  |  |  |  |  |  |  |  |  |
| Tuna Mayo and Cucumber Wrap |  | x | x | x |  |  |  |  |  |  |  |  |  |  |
| Egg Mayo Sandwich |  | X | x |  | x |  |  |  |  |  |  |  | $\checkmark$ |  |


| Cheese Salad Wrap | x | x |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jacket Potato with Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dessert |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bananas and Custard | x | x | x | $x$ |  |  |  |  |  |  |  | $\checkmark$ |  |
| Yoghurt | $x$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Jelly |  |  |  |  |  |  |  |  |  |  | x |  |  |
| Fruit Salad |  |  |  |  |  |  |  |  |  |  | x |  | $\checkmark$ |
| Cheese and Crackers | x | x |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

