

Full menu 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

Allergen information for Term 4 – 2024

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
Sliced Turkey	NONE
Egg mayonnaise	EGG
Tuna mayonnaise	FISH
Coleslaw	NONE

The yoghurt that we provide as an alternative option each day for our puddings contains **MILK**.

We are able to provide GLUTEN free or VEGAN fillings on our deli, pasta and jacket options for those children who have VEGAN 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	
Theme Day – Thur 7 th March – WORLD BOOK DAY			
Meal choice	Meal description	Allergens	
Red option	The BFG's Buzzwangles burger, chips and beans	GLUTEN (bun)	
Green option	The Blunders blundersome beans and diced potatoes (VG)	SOYA (BBQ sauce)	
Blue option	Tiger's tasty tomato and mozzarella pasta bake (V)	GLUTEN (pasta)	MILK (cheese)
Yellow option	The Very Hungry Caterpillars Cheese baguette with Crudités (V)	GLUTEN (baguette)	MILK (cheese), May contain SESAME
Dessert	Charlie's scrumdiddlyupmtious chocolate flapjack (VG)	GLUTEN (oats)	

Week A

Monday			
Meal choice	Meal description	Allergens	
Red option	Pesto Pasta (V)	GLUTEN (pasta)	MILK (pesto)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base)	MILK (cheese) May contain SOYA
Dessert	Peach melba and granola (V)	GLUTEN (oats)	

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Salmon spaghetti carbonara	FISH (salmon), GLUTEN (spaghetti), MILK (cream)	
Green option	Loaded wedges (V)	MILK (cheese)	
Dessert	Chocolate brownie (VG)	GLUTEN (flour), May contain SOYA	

Wednesday			
Meal choice	Meal description	Allergens	
Red option	Roast chicken, roast potatoes & Yorkshire pudding	MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA	
Green option	Butternut squash parcel, roast potatoes & vegetables (VG)	GLUTEN (pastry)	
Dessert	Fruit jelly (VG)	NONE	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Savoury mince and rice	NONE	
Green option	Plant based burger (VG)	GLUTEN (bun)	
Dessert	Ginger cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish fingers & chips	FISH, GLUTEN (breadcrumbs)	
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	

* This option can be provided allergy free by removing the Yorkshire pudding

Week B

Monday			
Meal choice	Meal description	Allergens	
Red option	Vegetable fried rice with homemade curry sauce (VG)	NONE	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base)	MILK (cheese) May contain SOYA
Dessert	Pears with chocolate sauce (VG)	NONE	

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Tuna and cheese melt	FISH (tuna),GLUTEN (tortilla), MILK (cheese)	
Green option	Mild vegetable masala with rice (VG)	NONE	
Dessert	Fruity shortbread (VG)	GLUTEN (flour), SULPHITES (dried fruit), May contain SOYA	

Wednesday			
Meal choice	Meal description	Allergens	
Red option	Roast chicken, roast potatoes & Yorkshire pudding	MILK, EGG, GLUTEN (Yorkshire Pudding) * May contain SOYA	
Green option	Spring vegetable wellington (VG)	GLUTEN (pastry)	
Dessert	Fruit jelly (VG)	NONE	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Spaghetti bolognese	GLUTEN (lentils, spaghetti)	
Green option	Vegetable fajita (VG)	GLUTEN (tortilla)	
Dessert	Lemon drizzle cake (V)	GLUTEN (flour), EGG (egg) , May contain SOYA	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	FISH, GLUTEN (breadcrumbs)	
Green option	Vegan sausage, chips and beans (VG)	SOYA (sausage)	
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

Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Roasted vegetable pasta (VG)	GLUTEN (pasta)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Summer fruit swirl (V)	MILK (yoghurt, whipped cream)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Pepperoni quesadilla slice	GLUTEN (tortilla) MILK (cheese)
Green option	Vegan meatball spaghetti (VG)	GLUTEN (spaghetti), SOYA (meatballs)
Dessert	Apple & oat cookies (VG)	GLUTEN (oats & flour), May contain SOYA
Wednesday		
Meal choice	Meal description	Allergens
Red option	Toad in the hole with roast potatoes	MILK (Yorkshire Pudding), EGG (Yorkshire Pudding), GLUTEN (Yorkshire Pudding, sausage) , SULPHITES (sausage) May contain SOYA *
Green option	Vegetarian toad in the hole (V)	GLUTEN (Yorkshire Pudding), SOYA (sausages) ** MILK (Yorkshire pudding), EGG (Yorkshire pudding)
Dessert	Fruit jelly (VG)	NONE
Thursday		
Meal choice	Meal description	Allergens
Red option	Chicken korma and rice	NONE
Green option	Vegetable lasagne (V)	GLUTEN (lasagne and bechamel sauce), MILK (cheese and bechamel sauce)
Dessert	Chocolate marble cake (V)	GLUTEN (flour), EGG(egg), May contain SOYA
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	FISH and GLUTEN (breadcrumbs)
Green option	Butternut squash and spinach pasty (VG)	GLUTEN (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 and a GF sausage

**This option can be provided gluten & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free