

# Food Hypersensitivity (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

## Food Hypersensitivity (Allergen) information for Term 1 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
Ham	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.

## Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Veggie meatballs and rice (VG)	SOYA (meatballs)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Lemon shortbread (VG)	GLUTEN (flour), May contain SOYA

Tuesday		
Meal choice	Meal description	Allergens
Red option	Crispy bacon and spinach spaghetti	GLUTEN (spaghetti)
Green option	Sweet potato frittata fingers (V)	EGG (egg)
Dessert	Carrot cake (V)	GLUTEN (flour), EGG (egg), 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	Veggie cowboy pie with roast potatoes (VG)	GLUTEN (pastry) SOYA (sausages)
Dessert	Fruit jelly (VG)	NONE

Thursday		
Meal choice	Meal description	Allergens
Red option	Beef lasagne	GLUTEN (pasta and bechamel sauce) MILK (cheese and bechamel sauce)
Green option	Roasted vegetable flatbread (VG)	GLUTEN (flatbread) **
Dessert	Chewy chocolate biscuits (VG)	GLUTEN (flour), 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

\*\* Gluten free using replacing the flatbread with a tortilla wrap

## Week B

Monday		
Meal choice	Meal description	Allergens
Red option	Mushroom & spring veg noodles (VG)	GLUTEN (noodles & soy sauce), SOYA (soy sauce)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Berry and yoghurt swirl (V)	MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Salmon fishcakes	FISH (salmon)
Green option	Macaroni cheese (V)	GLUTEN (macaroni & bechamel sauce), MILK (cheese & bechamel sauce), May contain SOYA
Dessert	Melting moments cookie (VG)	GLUTEN (flour, oats), May contain SOYA

Wednesday		
Meal choice	Meal description	Allergens
Red option	Sausage plait, new potatoes & seasonal veg	GLUTEN (pastry), SULPHITES (sausage meat)
Green option	Savoury muffin, new potatoes & seasonal veg (V)	GLUTEN (muffin), EGG (muffin) MILK (cheese), may contain SOYA (flour)
Dessert	Fruit jelly (VG)	NONE

Thursday		
Meal choice	Meal description	Allergens
Red option	Chicken chow mein	GLUTEN (noodles, soy sauce) SOYA (soy sauce)
Green option	Spinach and chickpea curry (VG)	NONE
Dessert	Pear and honey 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 and chips (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	Mexican bean and potato tray bake (VG)	NONE
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Gingerbread rounds	GLUTEN (flour), May contain SOYA (flour)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Pepperoni pasta	GLUTEN (pasta), MILK (pepperoni), SOYA (pepperoni)
Green option	Vegetable fajita (VG)	GLUTEN (wrap)
Dessert	Orange drizzle cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA (flour)
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	Sticky chicken and rice	GLUTEN (soy sauce) SOYA (soy sauce)
Green option	Cheesy bean bake (V)	MILK (cheese)
Dessert	Oat and sultana square (VG)	GLUTEN (flour, oats), May contain SOYA (flour)
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	FISH and GLUTEN (breadcrumbs)
Green option	Cheese & spinach pinwheel and chips (V)	GLUTEN (pastry) MILK (cheese)
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