

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 2 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 |

We are able to provide GLUTEN free and VEGAN fillings on our deli, pasta and jacket options for those children who have VEGAN (MILK & EGG) 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 | |
|--|--|----------------------------------|---------------------|
| <p>*** CHRISTMAS DINNER ***</p> | | | |
| Meal choice | Meal description | Allergens | |
| Red option | <i>Father Christmas's fabulous festive feast</i> | GLUTEN (sausage & stuffing*) | SULPHITES (sausage) |
| Green option | <i>Winter wonderland wellington (v)</i> | GLUTEN (pastry + stuffing*) | MILK (cheese**) |
| Dessert | <i>A Christmas carol cookie (VG)</i> | GLUTEN (flour) | |

*GF available – for those registered with Gluten as an allergen

** DF available - for those registered with Milk as an allergen

Week A

| Monday | | |
|--------------|--|--|
| Meal choice | Meal description | Allergens |
| Red option | Veggie Caribbean style curry and rice (VG) | NONE |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA |
| Dessert | Yoghurt, peaches and fruit coulis (V) | MILK (yoghurt) |

| Tuesday | | |
|--------------|---------------------------------------|---|
| Meal choice | Meal description | Allergens |
| Red option | Spaghetti carbonara | GLUTEN (spaghetti) MILK (cream) |
| Green option | Moroccan veg and chickpea tagine (VG) | NONE |
| Dessert | Sticky ginger cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA |

| Wednesday | | |
|--------------|--|---|
| Meal choice | Meal description | Allergens |
| Red option | Braised beef casserole, roast potatoes & Yorkshire pudding | MILK, EGG, GLUTEN (Yorkshire Pudding) *, May contain SOYA |
| Green option | Mediterranean vegetarian tart with roast potatoes (VG) | GLUTEN (pastry) |
| Dessert | Fruit jelly (VG) | NONE |

| Thursday | | |
|--------------|-----------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | One pot chicken and rice | NONE |
| Green option | Spinach and pesto pinwheels (VG) | GLUTEN (pastry) |
| Dessert | Chewy oat and sultana cookie (VG) | GLUTEN (flour, oats), May contain SOYA |

| Friday | | |
|--------------|---------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish fingers & chips | GLUTEN (breadcrumbs) FISH |
| 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 for those registered with MILK, EGG and GLUTEN allergies.

Week B

| Monday | | | |
|--------------|---------------------------|------------------------|--------------------------------|
| Meal choice | Meal description | Allergens | |
| Red option | Singapore noodles (VG) | GLUTEN (noodles) | SOYA (soy sauce) |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) | MILK (cheese) May contain SOYA |
| Dessert | Berry mousse (V) | MILK (yoghurt & cream) | |

| Tuesday | | | |
|--------------|---|--|--|
| Meal choice | Meal description | Allergens | |
| Red option | Beef Bolognese with pasta shapes | GLUTEN (pasta) | |
| Green option | Butternut burger in a bun with a rustic tomato sauce (VG) | GLUTEN (bun & burger) May contain SOYA (bun & burger) | |
| Dessert | Dorset apple cake (V) | GLUTEN (flour), EGG (cake), 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 with roast potatoes (V) | GLUTEN (Yorkshire Pudding) ** | |
| | | MILK (Yorkshire pudding), EGG (Yorkshire pudding)** | |
| | | SOYA (sausages & May contain in Yorkshire) | |
| Dessert | Cheese and crackers (V) | GLUTEN (crackers) | MILK (cheese) |

| Thursday | | | |
|--------------|--|----------------------------------|--|
| Meal choice | Meal description | Allergens | |
| Red option | Chicken korma with 50/50 rice | NONE | |
| Green option | Bean and root vegetable casserole with fluffy dumplings (VG) | GLUTEN (dumplings) | |
| Dessert | Chocolate orange cookie (VG) | GLUTEN (flour), May contain SOYA | |

| Friday | | | |
|--------------|--------------------------------|--|------|
| Meal choice | Meal description | Allergens | |
| Red option | Breaded fish and chips | GLUTEN (breadcrumbs) | FISH |
| 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 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

Week C

| Monday | | | |
|--------------|---|--|--------------------------------------|
| Meal choice | Meal description | Allergens | |
| Red option | Vegetable hot dog with winter slaw (VG) | GLUTEN (roll) | SOYA (sausage) |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) | MILK (cheese) May contain SOYA |
| Dessert | Chocolate swirl (V) | GLUTEN (pastry) | |
| Tuesday | | | |
| Meal choice | Meal description | Allergens | |
| Red option | Beef and onion puff with baby potatoes | GLUTEN (pastry) | |
| Green option | Pesto pasta (VG) | GLUTEN (pasta) | |
| Dessert | Lemon drizzle cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA (flour) | |
| Wednesday | | | |
| Meal choice | Meal description | Allergens | |
| Red option | Roast chicken with roast potatoes and Yorkshire pudding | GLUTEN (Yorkshire Pudding), May contain SOYA * | |
| | | MILK, EGG (Yorkshire Pudding) * | |
| Green option | Winter vegetable & lentil bake with roast potatoes (VG) | GLUTEN (lentils & breadcrumbs) | |
| Dessert | Banana flapjack (VG) | GLUTEN (oats) | |
| Thursday | | | |
| Meal choice | Meal description | Allergens | |
| Red option | Aromatic mild lamb curry with 50/50 rice | NONE | |
| Green option | Macaroni cheese (V) | GLUTEN (pasta & bechamel sauce), MILK (cheese & bechamel sauce) | |
| Dessert | Vanilla shortbread (VG) | GLUTEN (flour), May contain SOYA (flour) | |
| Friday | | | |
| Meal choice | Meal description | Allergens | |
| Red option | Breaded fish and chips | GLUTEN (breadcrumbs) | FISH |
| Green option | Rainbow veggie wrap and chips (VG) | GLUTEN (wrap) | |
| 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

MANY OF OUR DESSERTS CONTAIN GLUTEN (flour which is also May contain SOYA), MILK OR EGG, FOR THOSE CHILDREN REGISTERED WITH THOSE ALLERGENS AN ALTERNATIVE DESSERT WILL BE OFFERED BUT THIS WILL NOT ALWAYS BE A LIKE FOR LIKE REPLACEMENT OF THE DESSERT FOR THAT DAY.