

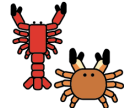
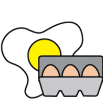

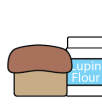










Food items & their Allergen content:

Winter Week 1 – Monday

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Steamed Chicken Breast														
Stuffing Ball		✓												
Minced Beef Stew & Veg with Dumplings		✓		✓ *			✓ *						✓	
Tomato & Basil Pasta Bake (topped with cheese)		✓					✓							
Mashed Potato														
Gravy													✓	
Baked Beans														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

* May also contain these allergens (this is due to the product being produced in a factory where these ingredients maybe used in other foods)

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Food items & their Allergen content:

Winter Week 1 – Tuesday



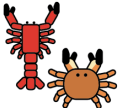








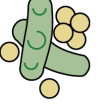

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Beef Bolognaise Pasta Bake (topped with mixed cheese)		✓					✓							
Homemade Sausage Roll (pork sausage meat)		✓		✓									✓	✓
Stir Fried Vegetables & Egg Noodles		✓		✓									✓	
Mini Roast Potatoes														
Gravy													✓	
Baked Beans														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

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Food items & their Allergen content:

Winter Week 1 – Wednesday

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Mild Chicken Curry (with onion)		✓							✓	✓*	✓*	✓*		
Steamed Rice														
Garlic Bread		✓					✓*						✓*	
Naan Bread		✓												
Baked Beans														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

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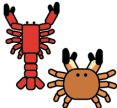
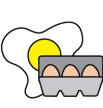

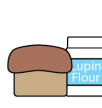










Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Food items & their Allergen content:

Winter Week 1 – Wednesday Continued

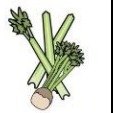

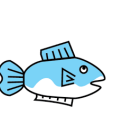
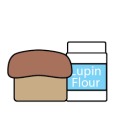


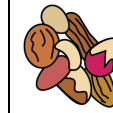
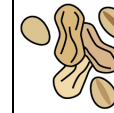

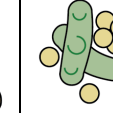
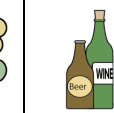
Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Rice														
Pasta (Shells/Twists/Spaghetti)		✓												
Carbonara Sauce	✓ *	✓		✓ *			✓		✓ *				✓ *	
Meatball in Tomato & Basil Sauce	✓ *	✓		✓ *			✓ *		✓ *				✓ *	✓ *
Bolognese Sauce														
Chicken in a Tomato Sauce														
Pomodoro Sauce														
Quorn Bolognese Sauce				✓										
Cheese & Broccoli Sauce	✓ *	✓		✓ *			✓		✓ *				✓ *	
Diced Quorn Curry		✓		✓					✓	✓ *	✓ *	✓ *		

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Food items & their Allergen content:

Winter Week 1 – Thursday



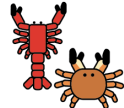
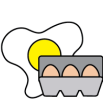

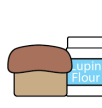







Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Special Fried Rice (rice, soy sauce, garlic, carrot, egg, onion & Peas)		✓		✓									✓	✓
Curry Sauce		✓							✓	✓*	✓*	✓*		
Tuna & Sweetcorn Pasta Bake (topped with cheese)				✓					✓					
Quorn Bolognese		✓		✓					✓	✓*	✓*	✓*		
Spaghetti		✓												
New Potatoes														
Gravy													✓	
Baked Beans														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

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Food items & their Allergen content:

Winter Week 1 – Friday

Dish														
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tuna Mayo Salad (Example)	✓			✓	✓		✓		✓					
Beef Burger in a bun		✓										✓ *	✓	✓
Beef Burger in a bun (with cheese slice)		✓					✓					✓ *	✓	✓
Popcorn Chicken		✓												
Margherita Pizza Slice		✓					✓							
Chipped Potatoes														
Curry Sauce		✓							✓	✓ *	✓ *	✓ *		
Baked Beans														
Grated Cheese							✓							
Tuna & Mayonnaise				✓	✓				✓					
Coleslaw				✓					✓					

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