**DISHES AND THEIR ALLERGEN CONTENT – Seaton Sluice Middle School**

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| **Battered Cod**  **Week 1: Mon** |  | **Contains** |  |  | **Contains** |  |  |  |  |  |  |  |  |  |
| **BBQ Pulled Chicken**  **Week 2: Thurs** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Beans**  **Week 1: Fri**  **Week 2: Fri** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Beef Bolognese**  **Week 1: Mon** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Beef Lasagne**  **Week 1: Mon** |  | **Contains** |  | **May Contain** |  |  | **Contains** |  | **May Contain** |  |  |  | **May Contain** |  |
| **Beef Burger**  **Week 1: Fri**  **Week 2: Fri** | **May Contain** | **Contains** |  | **May Contain** |  |  | **May Contain** |  | **May Contain** |  |  | **May Contain** | **Contains** |  |
| **Beef Mince & Dumplings**  **(Allergen-free without dumplings)**  **Week 1: Tues** |  | **Contains** |  | **May Contain** |  |  | **May Contain** |  |  |  |  |  | **May Contain** |  |
| **Biscuit** | **Please see separate “Bakery” Sheet or individual packets for allergen information.** | | | | | | | | | | | | | |
| **Calzone Pizza …with cheese**  **Week 1: Mon** |  | **Contains** |  | **May Contain** |  |  | **Contains** |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| **Calzone Pizza …with pepperoni**  **Week 1: Mon** | **May Contain** | **Contains** |  | **May Contain** |  |  | **Contains** |  | **May Contain** |  |  |  | **May Contain** |  |
| **Cheesecake**  **Week 2: Mon** |  | **Contains** |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Chicken Burger**  **Week 1: Fri**  **Week 2: Fri** |  | **Contains** |  |  |  |  |  |  |  |  |  |  | **Contains** |  |
| **Chicken Curry**  **Week 1: Thurs** |  |  |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Chippy Curry Sauce**  **Week 1: Fri**  **Week 2: Fri** |  | **Contains** |  | **May Contain** |  |  | **May Contain** |  |  |  |  |  | **May Contain** |  |
| **Chocolate Brownie**  **Week 1: Wed** |  | **Contains** |  | **Contains** |  |  | **Contains** |  |  |  |  |  | **May Contain** |  |
| **Crispy Vegan Nuggets**  **Week 2: Fri** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cumberland Sausages**  **Week 2: Tues** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fresh Fruit** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |

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|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| **Fries**  **Week 1: Fri**  **Week 2: Fri** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Fruit Crumble & Custard**  **Week 1: Thurs** |  | **Contains** |  | **Contains** |  |  | **Contains** |  |  |  |  |  |  |  |
| **Garlic Bread**  **Week 2: Mon** |  | **Contains** |  |  |  |  | **May Contain** |  |  |  |  |  |  |  |
| **Gravy**  **Week 1: Wed**  **Week 2: Wed** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Hot Dog**  **(Allergen-free without bun)**  **Week 1: Fri**  **Week 2: Fri** |  | **Contains** |  |  |  |  |  |  |  |  |  | **May Contain** | **May Contain** |  |
| **Ice Cream Tub**  **Week 1: Fri**  **Week 2: Fri** |  |  |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Jacket Potato** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Mac & Cheese**  **Week 1: Tues**  **Week 2: Mon, Thurs** |  | **Contains** |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Margherita Pizza Slab**  **Week 2: Thurs** |  | **Contains** |  |  |  |  | **Contains** |  |  |  |  |  |  |  |

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|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| **Mashed Potato**  **Week 1: Tues, Wed**  **Week 2: Tues, Wed** |  |  |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Moving Mountains Vegan Burger**  **Week 1: Fri** |  | **Contains** |  |  |  |  |  |  |  |  |  |  | **Contains** |  |
| **Naan Bread**  **Week 1: Thurs** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pasta**  **Week 2: Mon** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Poppadoms**  **Week 1: Thurs** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Potato Wedges**  **Week 1: Mon** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Rice**  **Week 1: Thurs** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Roast Chicken**  **Week 1: Wed** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Roast Gammon**  **Week 1: Wed** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |

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|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| **Roasties**  **Week 1: Wed**  **Week 2: Wed** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Salad** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |
| **Sandwiches** | **Please see individual packets for allergen information.** | | | | | | | | | | | | | |
| **School Cake**  **Week 2: Wed** |  | **Contains** |  | **Contains** |  |  | **Contains** |  |  |  |  |  | **May Contain** |  |
| **Tomato Pasta**  **Week 1: Mon, Thurs**  **Week 2: Tues** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vegan Bolognese**  **Week 2: Mon** |  |  |  |  |  |  |  |  |  |  |  |  | **Contains** |  |
| **Vegan Mince & (Vegetarian)Dumplings**  **(Without Dumplings = Soya only)** |  | **Contains** |  | **May Contain** |  |  | **May Contain** |  |  |  |  |  | **Contains** |  |
| **Vegan Sausage Roll**  **Week 2: Wed** |  | **Contains** |  |  |  |  | **May Contain** |  |  |  |  |  |  | **May Contain** |
| **Vegetables** | **Does not contain any of the 14 major allergens.** | | | | | | | | | | | | | |

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| **Vegetable & Cheese Kiev**  **Week 1: Wed** |  | **Contains** |  |  |  |  | **Contains** |  |  |  |  |  |  |  |
| **Vegetarian Lasange**  **Week 2: Mon** |  | **Contains** |  | **May Contain** |  |  | **Contains** |  | **May Contain** |  |  |  | **May Contain** |  |
| **Vegetable Sausages**  **Week 2: Tues** |  | **Contains** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Yorkshire Pudding**  **Week 1: Wed**  **Week 2: Wed** |  | **Contains** |  | **Contains** |  |  | **Contains** |  |  |  |  |  |  |  |

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Menu items are subject to change in line with product availability. On occasion, temporary products or substitutes may be introduced. Where this occurs, catering staff will be informed and may withhold a pupil’s usual choice if it contains an allergen that presents a risk. Every effort will be made to source like-for-like alternatives to minimise variation.

This allergen matrix will remain available in the dining hall for consultation by all staff and students.