

Menu Type: High School Winter 2022 Allergen Information

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RECIPE NAME	MILK	EGGS	PEANUTS	TREE NUTS	CEREALS CONTAINING GLUTEN	SESAME SEEDS	CRUSTACEANS	MOLLUSCS	FISH	CELERY	MUSTARD	SOYA	LUPIN	SULPHUR DIOXIDE
Apple Pie	Y	Y			Y (Wheat)									
Banana Flap Jack					Y (Oats)									
Battered Fish Fillet					Y (Wheat)				Y (Pollock)					
BBQ Beans					Y (Barley, Wheat)					Y		Y		
BBQ Chicken Flat Bread	Y				Y (Barley, Wheat)									
Bean Burger	Y				Y (Wheat)						Y			
Beef Burger in a Bun & Tomato Ketchup					Y (Wheat)							Y		Y
Beef Curry	Y										Y			
Beef Goulash					Y (Wheat)									
Beef Lasagne	Y				Y (Wheat)									
Berry Muffin	Y	Y			Y (Wheat)									
Bread & Butter Pudding	Y	Y			Y (Wheat)							Y		
Bread- Garlic & Cheese	Y				Y (Wheat)							Y		
Bread- Garlic Chota Naan	Y				Y (Wheat)									
Bread- Homemade	Y				Y (Wheat)							Y		
Bread- Homemade Garlic	Y				Y (Wheat)							Y		
Bread- Homemade Garlic Dough Balls	Y				Y (Wheat)							Y		
Carrot Cake Muffin		Y			Y (Wheat)									
Cheese & Bacon Loaded Potato Skins	Y													
Cheese & Onion Pie	Y	Y			Y (Wheat)									
Cherry Cookie					Y (Wheat)									
Chicken & Bean Burrito with Soured Cream	Y				Y (Wheat)									
Chicken Curry											Y			
Chicken Hot-Pot														
Chilli Con Carne					Y (Barley, Wheat)				Y (Anchovy)					
Chinese Chicken Curry					Y (Wheat)						Y			
Chocolate & Mandarin Sponge		Y			Y (Wheat)									
Chocolate Brownie		Y			Y (Wheat)									
Chocolate Cookie					Y (Wheat)									
Chocolate Muffin	Y	Y			Y (Wheat)									
Chocolate Sauce	Y													
Coconut & Raspberry Sponge	Y	Y			Y (Wheat)									

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Coleslaw		Y												
Cottage Pie	Y				Y (Barley, Wheat)				Y (Anchovy)	Y				
Custard	Y													
Eves Pudding		Y			Y (Wheat)									
Fruit Bar														
Fruit Shortbread					Y (Wheat)									
Fruit Yoghurt	Y													
Fruity Flap Jack					Y (Oats)									
Jacket Potato with Baked Beans														
Jacket Potato with Cheese	Y													
Jacket Potato with Tuna Mayonnaise		Y							Y (Tuna)					
Jam & Cream Scone	Y	Y			Y (Wheat)									Y
Jam Sponge		Y			Y (Wheat)									Y
Lancashire Cheese Frittata	Y	Y												
Lemon & Ginger Shortbread					Y (Wheat)									
Lemon Drizzle Cake		Y			Y (Wheat)									
Lemon Muffin	Y	Y			Y (Wheat)									
Macaroni Cheese Bake	Y				Y (Wheat)							Y		
Milk Organic	Y													
Mixed Rice														
Mixed Vegetable Rice														
Oat & Raisin Cookie		Y			Y (Oats, Wheat)									
Panini BBQ Chicken		Y			Y (Barley, Wheat)				Y			Y		
Panini- Cheese	Y				Y (Wheat)									
Panini- Cheese & Ham	Y				Y (Wheat)									
Panini- Chicken Tikka					Y (Wheat)						Y			
Panini- Italian Chicken					Y (Wheat)					Y		Y		
Panini- Mexican Chicken					Y (Wheat)							Y		
Panini- Piri Piri Chicken					Y (Wheat)							Y		Y
Panini- Tuna & Cheddar Cheese Melt	Y				Y (Wheat)				Y (Tuna)					
Paprika Chicken	Y				Y (Barley,Wheat)				Y (Anchovy)					
Parkin	Y	Y			Y (Wheat)									

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Pasta Arrabiata	Y				Y (Wheat)									
Pasta Bolognaise					Y (Wheat)					Y				
Pasta Carbonara	Y				Y (Wheat)									
Pasta Neapolitan					Y (Wheat)									
Pasta Penne					Y (Wheat)									
Pasta Tomato & Mascarpone	Y				Y (Wheat)									
Pizza Margherita	Y				Y (Wheat)							Y		
Pork Meatball Marinara Sub	Y				Y (Wheat)							Y		Y
Pork Meatballs in Tomato Sauce					Y (Wheat)									Y
Pork Sausage & Onion Gravy					Y (Wheat)									Y
Potato Salad		Y												
Potatoes - Creamy Mashed	Y													
Potatoes- Baby Baked														
Potatoes Baby New														
Potatoes- Baked Wedges														
Potatoes Chips														
Potatoes- Crispy Paprika														
Potatoes- Hash Browns														
Potatoes Herby Diced														
Potatoes- Paprika Wedges														
Potatoes- Roast														
Quiche Lorraine	Y	Y			Y (Wheat)									
Quorn Chilli		Y												
Raspberry Bun	Y	Y			Y (Wheat)									Y
Rice Pudding with Mixed Berries	Y													
Roast Beef with Yorkshire Pudding & Gravy	Y	Y			Y (Wheat)									
Roast Chicken with Sage Stuffing & Gravy					Y (Wheat)									
Roast Pork with Sage Stuffing & Gravy					Y (Wheat)									
Salad Mixed														
Salmon Fishcakes with Sweet Chilli Noodles			Y		Y (Wheat)				Y (Salmon)			Y		
Shortbread Biscuit					Y (Wheat)									
Southern Fried Chicken Wrap			Y		Y (Wheat)									

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Steak & Onion Pie	Y	Y			Y (Wheat)									
Sticky Toffee Pudding		Y			Y (Wheat)									
Sweet Chillli Chicken & Noodles		Y			Y (Wheat)							Y		
Sweet Potato Chickpea & Spinach Curry											Y			
Toffee Apple Crumble					Y (Oats, Wheat)									
Tortilla Chips														
Vanilla Ice Cream	Y													
Vanilla Sponge		Y			Y (Wheat)									
Vegetable Biryani											Y			
Vegetable Casserole with Cheese & Herb Dumplings	Y				Y (Wheat)					Y				
Vegetable Sticks														
Vegetables - Carrots														
Vegetables- Baked Beans														
Vegetables- Broccoli Florets														
Vegetables- Garden Peas														
Vegetables- Green Beans														
Vegetables- Mushy Peas														
Vegetables- Seasonal Cabbage														
Vegetables- Sliced Beetroot														
Vegetables- Sweetcorn														
Vegetarian Brunch	Y	Y			Y (Wheat)							Y		Y
Vegetarian Sausage in Onion Gravy					Y (Wheat)							Y		Y
White Bread Sandwich with Beef					Y (Wheat)							Y		
White Bread Sandwich with Cheese	Y				Y (Wheat)							Y		
White Bread Sandwich with Chicken, Bacon & Mayonnaise		Y			Y (Wheat)						Y	Y		
White Bread Sandwich with Chicken/Turkey					Y (Wheat)							Y		
White Bread Sandwich with Coronation Chicken	Y	Y			Y (Wheat)						Y	Y		
White Bread Sandwich with Egg Mayonnaise (HM)		Y			Y (Wheat)							Y		
White Bread Sandwich with Ham					Y (Wheat)							Y		
White Bread Sandwich with Savoury Cheese		Y			Y (Wheat)						Y	Y		
White Bread Sandwich with Tuna Mayonnaise (HM)		Y			Y (Wheat)				Y (Tuna)			Y		
White Roll with Beef					Y (Wheat)							Y		

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White Roll with Cheese	Y				Y (Wheat)							Y		
White Roll with Chicken, Bacon & Mayonnaise		Y			Y (Wheat)						Y	Y		
White Roll with Chicken/Turkey					Y (Wheat)							Y		
White Roll with Coronation Chicken	Y	Y			Y (Wheat)						Y	Y		
White Roll with Egg Mayonnaise (HM)		Y			Y (Wheat)							Y		
White Roll with Ham					Y (Wheat)							Y		
White Roll with Savoury Cheese		Y			Y (Wheat)						Y	Y		
White Roll with Tuna Mayonnaise (HM)		Y			Y (Wheat)				Y (Tuna)			Y		
Wholemeal Bread Sandwich with Beef					Y (Wheat)									
Wholemeal Bread Sandwich with Cheese	Y				Y (Wheat)									
Wholemeal Bread Sandwich with Chicken					Y (Wheat)									
Wholemeal Bread Sandwich with Chicken, Bacon & Mayonnaise		Y			Y (Wheat)						Y			
Wholemeal Bread Sandwich with Coronation Chicken	Y	Y			Y (Wheat)						Y	Y		
Wholemeal Bread Sandwich with Egg Mayonnaise (HM)		Y			Y (Wheat)									
Wholemeal Bread Sandwich with Ham					Y (Wheat)									
Wholemeal Bread Sandwich with Savoury Cheese		Y			Y (Wheat)						Y			
Wholemeal Bread Sandwich with Tuna Mayonnaise (HM)		Y			Y (Wheat)				Y (Tuna)					
Wholemeal Roll with Beef					Y (Wheat)							Y		
Wholemeal Roll with Cheese	Y				Y (Wheat)							Y		
Wholemeal Roll with Chicken, Bacon & Mayonnaise		Y			Y (Wheat)						Y	Y		
Wholemeal Roll with Chicken/Turkey					Y (Wheat)							Y		
Wholemeal Roll with Coronation Chicken	Y	Y			Y (Wheat)						Y	Y		
Wholemeal Roll with Ham					Y (Wheat)							Y		
Wholemeal Roll with Savoury Cheese		Y			Y (Wheat)						Y	Y		
Wholemeal Roll with Tuna Mayonnaise (HM)		Y			Y (Wheat)				Y (Tuna)			Y		
Wrap with Cheese	Y				Y (Wheat)									
Wrap with Chicken, Bacon & Mayonnaise		Y			Y (Wheat)						Y			
Wrap with Chicken/Turkey					Y (Wheat)									
Wrap with Coronation Chicken	Y	Y			Y (Wheat)						Y	Y		
Wrap with Ham					Y (Wheat)									
Wrap with Roast Beef					Y (Wheat)									
Wrap with Savoury Cheese		Y			Y (Wheat)						Y			

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Wrap with Tuna Mayonnaise (HM)		Y			Y (Wheat)				Y (Tuna)					
If any local changes are made to the published Menu please fill in the blank space below and confirm the relevant Allergens														