

# 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 6 2025

| 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<br>can be adapted for children with gluten allergy | VEGAN<br>can be adapted to vegan |
|--|----------------------------------|

## Week A

| Monday       |                                       |   |                |
|--------------|---------------------------------------|---|----------------|
| Meal choice  | Meal description                      | Allergens                               |                |
| Red option   | Caribbean style curry and rice (VG)   | None                                    |                |
| Green option | Cheese & tomato pizza (V)             | GLUTEN (pizza base)<br>May contain SOYA | MILK (cheese)  |
| Dessert      | Yoghurt with a choice of toppings (V) | GLUTEN (oats)                           | MILK (yoghurt) |

| Tuesday      |                                      |  |  |
|--------------|--------------------------------------|--|--|
| Meal choice  | Meal description                     | Allergens  |  |
| Red option   | Pepperoni pasta                      | GLUTEN (pasta), MILK (pepperoni), SOYA (pepperoni)           |  |
| Green option | Savoury muffins and new potatoes (V) | GLUTEN (flour), EGG, MILK (cheese), may contain SOYA (flour) |  |
| Dessert      | Ginger snap cookies (VG)             | GLUTEN, May contain SOYA (flour)                             |  |

| Wednesday    |   |   |  |
|--------------|---|---|--|
| Meal choice  | Meal description  | Allergens   |  |
| Red option   | Roast chicken with roast potatoes and Yorkshire pudding | MILK, EGG, GLUTEN, May contain SOYA (Yorkshire Pudding) * |  |
| Green option | Butternut and five bean roast (VG)                      | None  |  |
| Dessert      | Jelly (VG)  | None  |  |

| Thursday     |                                 |                                      |               |
|--------------|---------------------------------|--------------------------------------|---------------|
| Meal choice  | Meal description                | Allergens                            |               |
| Red option   | Pork kofta and rainbow rice     | None                                 |               |
| Green option | Cheese & tomato quesadillas (V) | GLUTEN (tortilla)                    | MILK (cheese) |
| Dessert      | Summer fruit sponge (V)         | EGG, GLUTEN (flour) May contain SOYA |               |

| Friday       |                                 |  |                     |
|--------------|---------------------------------|--|---------------------|
| Meal choice  | Meal description                | Allergens                                  |                     |
| Red option   | Fish fingers & chips            | GLUTEN (breadcrumbs)                       | FISH (fish fingers) |
| 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   | Summer ready risotto (VG)             | None                                    |                |
| Green option | Cheese & tomato pizza (V)             | GLUTEN (pizza base)<br>May contain SOYA | MILK (cheese)  |
| Dessert      | Yoghurt with a choice of toppings (V) | GLUTEN (oats)                           | MILK (yoghurt) |

| Tuesday      |                                     |   |  |
|--------------|-------------------------------------|---|--|
| Meal choice  | Meal description                    | Allergens   |  |
| Red option   | Sticky BBQ chicken and coconut rice | SOYA (soy sauce)  |  |
| Green option | Macaroni cheese (V)                 | GLUTEN (macaroni & bechamel sauce),<br>MILK (cheese & bechamel sauce) |  |
| Dessert      | Banana bread cookie (VG)            | GLUTEN, May contain SOYA (flour)                                      |  |

| Wednesday    |   |   |  |
|--------------|---|---|--|
| Meal choice  | Meal description                                    | Allergens   |  |
| Red option   | Toad in the hole and roast potatoes                 | MILK (Yorkshire pudding), EGG (Yorkshire pudding), GLUTEN (Sausage, Yorkshire Pudding) SULPHITES* |  |
| Green option | Vegetarian toad in the hole with roast potatoes (V) | MILK, EGG, GLUTEN, (Yorkshire Pudding) **<br>SOYA (sausages & May contain in Yorkshire)           |  |
| Dessert      | Jelly (VG)  | None  |  |

| Thursday     |  |   |  |
|--------------|--|---|--|
| Meal choice  | Meal description                       | Allergens                                     |  |
| Red option   | Meatballs (pork & beef) with spaghetti | GLUTEN (spaghetti)                            |  |
| Green option | Vegetable korma with rice (VG)         | None  |  |
| Dessert      | Pear and honey cake (V)                | EGG, GLUTEN (flour), May contain SOYA (flour) |  |

| Friday       |                                |  |      |
|--------------|--------------------------------|--|------|
| Meal choice  | Meal description               | Allergens  |      |
| Red option   | Breaded fish and chips         | GLUTEN (breadcrumbs)                                       | FISH |
| Green option | Vegan pot pie (VG)             | GLUTEN (pastry), May contain LUPIN, SOYA, MUSTARD (pastry) |      |
| 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 and adding a GF sausage.

\*\*This option can be provided gluten, egg & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free. **This cannot be provided SOYA free.**

## Week C

| Monday       |   |  |                  |
|--------------|---|--|------------------|
| Meal choice  | Meal description                                  | Allergens  |                  |
| Red option   | Garlicky vegetable noodles (VG)                   | GLUTEN (noodles), SOYA (soy sauce)                                       |                  |
| Green option | Cheese & tomato pizza (V)                         | GLUTEN (pizza base)<br>May contain SOYA                                  | MILK (cheese)    |
| Dessert      | Yoghurt with a choice of toppings (V)             | GLUTEN (oats)  | MILK (yoghurt)   |
| Tuesday      |   |  |                  |
| Meal choice  | Meal description                                  | Allergens  |                  |
| Red option   | Ham & cheese pinwheels with new potatoes          | GLUTEN (pastry) May contain LUPIN, SOYA, MUSTARD (pastry), MILK (cheese) |                  |
| Green option | Veggie meatballs with spaghetti (VG)              | GLUTEN (spaghetti)   | SOYA (meatballs) |
| Dessert      | Marble cookie (VG)                                | GLUTEN (flour), May contain SOYA (flour)                                 |                  |
| Wednesday    |   |  |                  |
| Meal choice  | Meal description                                  | Allergens  |                  |
| Red option   | Roast chicken, roast potatoes & Yorkshire pudding | GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding)                  |                  |
| Green option | Vegan mince cobbler (VG)                          | GLUTEN (Cobbler),may contain SOYA (flour)                                |                  |
| Dessert      | Cheese and crackers (V)                           | GLUTEN (crackers)  | MILK (cheese)    |
| Thursday     |   |  |                  |
| Meal choice  | Meal description                                  | Allergens  |                  |
| Red option   | Beef bolognese pasta bake                         | GLUTEN (pasta)   | MILK (cheese)    |
| Green option | Sweet potato falafel and cous cous (VG)           | GLUTEN (cous cous)   |                  |
| Dessert      | Carrot cake tray bake (V)                         | EGG, GLUTEN (Flour), May contain SOYA (flour)                            |                  |
| Friday       |   |  |                  |
| Meal choice  | Meal description                                  | Allergens  |                  |
| Red option   | Breaded fish and chips                            | GLUTEN (breadcrumbs)   | FISH             |
| Green option | Veggie sausage and chips (VG)                     | SOYA (vegan sausage)   |                  |
| Dessert      | A Selection of Home Baking (V)                    | GLUTEN (flour), EGG (egg) May contain SOYA                               |                  |

\* This option can be provided Gluten, milk and egg 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.**