

# 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 5 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 can be adapted for children with gluten allergy		VEGAN can be adapted to vegan	
 <b>THEME DAY – SUPERHEROS DAY – THUR 15<sup>TH</sup> MAY</b> 			
Meal choice	Meal description	Allergens	
Red option	<i>Hulk's hotdog</i>	GLUTEN (sausage, bun), May contain SESAME (bun)	
Green option	<i>Fantastic Four's Falafel wrap (VG)</i>	GLUTEN (wrap)	
Blue option	<i>Juggernaut's Jacket potatoes with a choice of fillings</i>	MILK (cheese)	FISH (tuna mayo)
Yellow option	<i>Superman's Subs with choice of fillings</i>	MILK (cheese)	FISH (tuna mayo) EGG (egg mayo)
		GLUTEN (sub)	May contain SESAME (sub)
Dessert	<i>Spiderman's sprinkle cake (V)</i>	EGG, GLUTEN, May contain SOYA (cake) **	

FRESH MIXED SALAD AND COLESLAW SERVED WITH MAIN MEALS

\*\* Sprinkle cookies (VG & GF) will be provided for those registered on Meal Manager with GLUTEN, MILK, VEGAN allergens

## Week A

Monday			
Meal choice	Meal description	Allergens	
Red option	Cowboy bean and potato pie (VG)	GLUTEN (pastry) SOYA (sausages) May contain LUPIN, SOYA, MUSTARD (pastry)	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Yoghurt with fruit compote (V)	MILK (yoghurt)	

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Tuna and sweetcorn pasta	GLUTEN (pasta)	MILK (cream cheese) FISH (tuna)
Green option	Veggie all day breakfast (V)	EGG (egg), SOYA (sausage), MILK (scrambled eggs)	
Dessert	Lime and coconut cake (V)	EGG (cake), GLUTEN (flour), SULPHITES (coconut), 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 vegan roast (VG)	GLUTEN (pastry) May contain LUPIN, SOYA, MUSTARD (pastry)	
Dessert	Jelly (VG)	None	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Sausage plait with herby diced potatoes	GLUTEN (pastry & sausage meat), SULPHITES (sausage meat) May contain LUPIN, SOYA, MUSTARD (pastry)	
Green option	Spring veggie stroganoff (V)	GLUTEN (spaghetti)	MILK (cream cheese)
Dessert	Oaty cookies (VG)	GLUTEN (oats and flour), May contain SOYA (flour)	

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	Southern style vegetable jambalaya (VG)	None	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Lemon Mousse (V)	MILK (yoghurt & cream)	

Tuesday			
Meal choice	Meal description	Allergens	
Red option	All day breakfast	EGG (egg), SULPHITES (bacon), MILK (scrambled eggs)	
Green option	Pesto pasta (VG)	GLUTEN (pasta)	
Dessert	Chocolate courgette cake (V)	GLUTEN, May contain SOYA (flour), EGG (cake)	

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	Vegetarian toad in the hole with roast potatoes (V)	MILK, EGG, GLUTEN, (Yorkshire Pudding) **	
		SOYA (sausages & May contain in Yorkshire)	
Dessert	Jelly (VG)	None	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Chicken korma with 50/50 rice	None	
Green option	Veggie meatball melt sub (V)	GLUTEN (bun) May contain SESAME ***	MILK (cheese) SOYA (meatballs)
Dessert	Ginger cookies (VG)	GLUTEN, May contain SOYA (flour)	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)	FISH
Green option	Curried vegetable pasty and chips (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.

\*\*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.**

\*\*\*Can be provided Sesame FREE. **This cannot be provided SOYA free.**

## Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Veggie garlic noodles (VG)	GLUTEN (noodles) SOYA (soy sauce)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA MILK (cheese)
Dessert	Peach swirl (V)	MILK (yoghurt)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Mild chilli and rice	None
Green option	Vegetable enchiladas (V)	GLUTEN (wrap) MILK (cheese)
Dessert	Apple and cinnamon cake (V)	EGG (cake), GLUTEN, May contain SOYA (flour)
Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast Pork with roast potatoes and Yorkshire pudding	GLUTEN, EGG, MILK (Yorkshire Pudding), May contain SOYA *
Green option	Bubble and squeak burger with Yorkshire pudding (V)	GLUTEN, EGG, MILK (Yorkshire Pudding), May contain SOYA *
Dessert	Cheese and crackers (V)	GLUTEN (crackers) MILK (cheese)
Thursday		
Meal choice	Meal description	Allergens
Red option	Cajun chicken pasta	GLUTEN (pasta)
Green option	Cheese and tomato pinwheels with roasted baby potatoes (V)	GLUTEN (pastry) May contain LUPIN, SOYA, MUSTARD (pastry) MLK (cheese)
Dessert	Lemon cookies (VG)	GLUTEN, 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.**