

School Meal Allergen Information

Mains		
Dish	Allergens	Carbohydrate per portion
Baked chicken sausage in gravy (h)	Gluten	2.8
Baked sausage in gravy	Gluten	9.2
Battered fish fillet	Gluten, Fish	9.4
BBQ chicken filled on brioche bun	Gluten, Eggs, Milk, Mustard, Soya	23.6
BBQ chicken wrap	Gluten	41.5
Beef burger in gravy	Gluten	6.6
Beef burger on a bun	Gluten	6.9
Beef chilli	Gluten	8.8
Beef chilli (h)	Gluten	9.9
Beef curry	Gluten	6.1
Beef curry (h)	Gluten	6.1
Butter chicken	Gluten, Milk	3.3
Butter chicken (h)	Gluten, Milk	3.3
Cheese flan	Gluten, Eggs, Milk, Soya	19.4
Cheese omelette roll (v)	Gluten, Eggs, Milk	9.6
Cheese panini	Gluten, Milk, soya	27.3
Cheese whirl	Gluten, Eggs, Milk, Sulphur Dioxide	21.1
Cheese wrap	Gluten, Eggs, Milk, mustard	36.6
Cheese, onion & potato pie	Gluten, Eggs, Milk, Soya, Sulphur Dioxide	28.6
Chicken biryani	Gluten	37.2
Chicken biryani (h)	Gluten	35.7
Crustless quiche	Eggs, Milk	6.9
Egg sandwich (no mayo) on wholemeal	Gluten, Eggs	27.2
Fishless fingers (v)	Gluten	11.7
Gammon (red tractor)	No allergens	0.0
Homemade mild chicken curry	No allergens	3.3
Homemade mild chicken curry (h)	No allergens	3.4
Homemade pork sausage roll	Gluten, Eggs	14.8
Jacket potato with beans	No allergens	58.8
Jacket potato with cheese	Milk	51.6
Jacket potato with tuna	Fish	52.2
Jacket potato with tuna mayo	Eggs, Fish, Milk, Mustard	51.5
Lamb burger in gravy (h)	Gluten, Sulphur Dioxide	3.3
Lamb burger on brioche bun (h)	Gluten, Eggs, Milk, Mustard, Soya, Sulphur dioxide	23.4
Lamb burger on a bun (h)	Gluten, Sulphur Dioxide, soya	21.4
Macaroni & cheese	Gluten, Milk, Mustard, Soya	41.8
Margherita pizza	Gluten, Eggs, Milk, Soya	25.2
Margherita pizza (large slice)	Gluten, Eggs, Milk, Soya	33.6
Meat pie	Gluten, Eggs	14.5

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Meat pie (h)	Gluten, Eggs	14.5
Minced beef hot pot	Sulphur Dioxide	4.2
MSC Bubble crumb salmon	Fish	15
MSC Fish fingers	Gluten, Fish	9.5
One pot chickpea and tomato pasta (v)	Gluten, Mustard, Soya	43.8
Oven baked chicken with tomato pasta	Gluten, Mustard, Soya	40.6
Oven baked chicken with tomato pasta (h)	Gluten, Mustard, Soya	40.6
Pasta bolognaise	Gluten, Mustard, Soya	52
Pasta bolognaise (h)	Gluten, Mustard, Soya	37.8
Plant based chicken and garlic mayo wrap (v)	Gluten, Eggs, Milk, Mustard, Soya	34.9
Plant based chicken and sweetcorn wrap (v)	Gluten, Eggs, Milk, Mustard, Soya	47.2
Plant based meatballs in a rich tomato sauce (v)	Gluten, Milk	6.5
Plant based meatballs in gravy (v)	Gluten	6.7
Pork meatballs in gravy	No allergens	4.9
Quorn biryani	Gluten, Eggs	35.3
Quorn fillet in gravy	Gluten	6.2
Quorn pattie burger on a bun	Gluten, Eggs, milk, soya	25.7
Quorn pattie in gravy	Gluten, Eggs, Milk	8.5
Quorn sausage in gravy	Gluten	6.8
Roast chicken fillet in gravy	No allergens	3.1
Roast chicken fillet in gravy (h)	No allergens	2.8
Sweetcorn & pepper pizza	Gluten, Eggs, Milk, Soya	19.3
Tomato pasta (v)	Gluten, Mustard, Soya	37
Tuna mayo wrap	Gluten, Milk, Mustard, fish, eggs	30.6
Vegemince bolognaise	Gluten, Mustard, Soya	43.6
Vegetable ravioli	Gluten	17.6
Vegetable samosa pie	Gluten, Eggs	16.2
Vegetarian sausage roll	Gluten	16.9
Vegimince pie	Gluten, Eggs, Soya	19.1
Wholemeal Egg thin	Gluten, Eggs, Milk, Mustard, Soya	1.3

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Carbohydrates & Vegetables		
Dish	Allergens	Carbohydrate per portion
Baked beans	No allergens	7.3
Baked potato	No allergens	25.8
Bread (white)	Gluten, Soya	14.97
Bread (wholemeal)	Gluten	12.43
Broccoli	No allergens	1.2
Carrot roundels	No allergens	10.3
Chips (Frying)	No allergens	21.9
Coleslaw	Eggs, Milk, Mustard	2.3
Crusty bread	Gluten, Soya	7.7
Garden peas	No allergens	7
Mashed potatoes	Milk	22.6
Mixed vegetables	No allergens	7.3
Oven baked wedges	No allergens	17.7
Pasta	Gluten, Mustard, Soya	34.9
Plain naan bread	Gluten, Milk	11.5
Potato rosti (ovenbaked)	Gluten, Milk, Sulphur Dioxide	15.9
Rice	No allergens	40.1
Roast potatoes	No allergens	18.8
Salad (All salad items)	No allergens	0.8
Salad potatoes	No allergens	20.1
Sweetcorn	No allergens	4.2

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Desserts & Drinks		
Dish	Allergens	Carbohydrate per portion
Apple muffin	Gluten, Eggs, Milk	33.2
Blueberry muffin	Gluten, Eggs, Milk	25
Chocolate blueberry muffin	Gluten, Eggs, Milk	23.9
Chocolate cookie	Gluten, Eggs	20.6
Chocolate moussebreak	Milk	10.8
Chocolate shortbread	Gluten	19.2
Chocolate sponge & chocolate sauce	Gluten, Eggs, Milk	34.6
Decorated jelly & fruit	Milk	34.8
Fresh fruit	No allergens	7.7
Frozen yoghurt	Milk	16.8
Ginger biscuit with fruit	Gluten	31.2
Honey & oat topped fruit yoghurt	Gluten, Milk	15.6
Ice cream	Milk	16.4
Ice cream roll	Gluten, Eggs, Milk, Soya	14.3
Iced sponge	Gluten, Eggs	31.7
Jammy dodger	Gluten	27.9
Lemon shortbread	Gluten	19.9
Oat cookie and orange segment	Gluten	21.8
Peach sponge	Gluten, Eggs	23.6
Peach sponge & custard	Gluten, Eggs, Milk	31.3
Shortbread biscuit & fruit	Gluten	23.5
Yoghurt	Milk	9
Fresh Fruit Juice	No allergens	6
Juice cordial	No allergens	1.8
Milk (semi-skimmed)	Milk	7.1
Water	No allergens	0

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