

















## **Primary Schools Summer 2020 Allergens**















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









### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week one Monday</b>															✓
Fresh fruit															✓
Lentil Soup															✓
Banana sponge	✓			✓	*			✓				*		*	
Spaghetti bolognaise	✓														
Crusty Bread	✓														
Homemade chicken sausage pastry	✓			✓	✓									✓	
Quorn sausage pastry	✓			✓				✓							
Mashed potatoes				✓											
Baked beans															✓
Cut green beans															✓
Tuna mayo baguette	✓							✓	✓						
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
*May contain Traces of this Allergen															

### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week one Tuesday</b>															✓
Fresh fruit															✓
Breadsticks	✓			*	*							*			
Mayonnaise dip								✓							
Yoghurt (Rowan Glen)				✓											
Cheese and tomato pizza (Grande)	✓			✓									*		
Arrabiata pasta pot	✓														
Macaroni Cheese	✓			✓											
Pitta bread strips	✓														
Firecracker pizza	✓			✓	*			✓							
Broccoli															✓
Sweetcorn															✓
Chicken baguette	✓			*											
Chicken (Campbells) Bank Holiday use ONLY				*											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
*May contain Traces of this Allergen															















### Allergen information















	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week one Wednesday</b>															✓
Fresh fruit															✓
Tomato soup															✓
Flapjack	✓			*	*			*							
Cheesy beano	✓			✓	✓							*			
Turkey meatballs in gravy															✓
Mashed potatoes				✓											
Vegetable curry				*		✓								✓	
Boiled rice															✓
Naan bread	✓			✓											
Peas															✓
Coleslaw	*			*	*	*		✓					*	*	
Ham baguette	✓			*											
Ham (Campbells) Bank Holiday use ONLY				*											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							















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





### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week one Thursday</b>															✓
Fresh fruit															✓
Breadsticks	✓			*	*							*			
Mayonnaise dip								✓							
Yoghurt (Rowan Glen)				✓											
Sausage in finger roll	✓		*	*	*	*						*		✓	
Wedges															✓
Chicken in a bun	✓			*	✓			*				*			
Quorn dippers	✓			✓				✓							
Beans															✓
Sweetcorn															✓
Ham sandwich	✓			*	✓							*			
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
*May contain Traces of this Allergen															

Allergen information															
	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
Week one Friday															✓
Fresh fruit															✓
Cucumber batons															✓
Mayonnaise dip								✓							
Banana sponge	✓			✓	*			✓				*		*	
Fish fingers	✓								✓						
Chips															✓
Chips fried in oil used for fish	✓								✓						
Tomato Sauce portion															✓
Salmon nibbles	✓								✓						
Sweet Chilli Noodles	✓				✓			✓							
Baked potato															✓
Beans															✓
Carrots															✓
Tuna mayo pasta pot	✓							✓	✓						
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
*May contain Traces of this Allergen															

Allergen information															
	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
Week two Monday															✓
Fresh fruit															✓
Breadsticks	✓			*	*							*			
Mayonnaise dip								✓							
Yoghurt (Rowan Glen)				✓											
Chicken curry				*		✓									
Boiled rice															✓
Naan bread	✓			✓											
Vegetable curry				*		✓								✓	
Cheesy toastie	✓			✓	✓							*			
Sweetcorn															✓
Carrots															✓
Peas															✓
Cheese baguette	✓			✓											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
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	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week two Tuesday</b>															✓
Fresh fruit															✓
Lentil Soup															✓
Plain Cookie	✓			✓	*			✓							
Spaghetti bolognaise	✓														
Quorn bolognaise	✓							✓							
Crusty Bread	✓														
Sausage	✓		*	*	*	*								✓	
Mashed potatoes				✓											
Cut green beans															✓
Baked beans															✓
Chicken sandwich	✓			*	✓							*			
Chicken (Campbells) Bank Holiday use ONLY				*											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							

Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.















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





Allergen information																
	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen	
Week two Wednesday															✓	
Fresh fruit															✓	
Breadsticks	✓			*	*							*				
Mayonnaise dip								✓								
Breadsticks	✓			*	*							*				
Mayonnaise dip								✓								
Yorkshire puddings	✓			✓				✓								
Baby Potatoes															✓	
Macaroni cheese	✓			✓												
Pitta bread strips	✓															
Carrot & turnip mash															✓	
Peas															✓	
Ham sandwich	✓			*	✓							*				
Ham (Campbells) Bank Holiday use ONLY				*												
Sandwich with cheese	✓			✓	✓							*				
Sandwich with tuna mayo	✓				✓			✓	✓			*				
Side salad															✓	
Water															✓	
Home baked bread brown (86206)	✓			*	✓			*								
Home baked bread white (86205)	✓			*	✓			*								
La boulangerie Half/Half bread	✓				✓							*				
Baguettes white	✓															
Hellmann's Mayonnaise - authorised use only				✓		✓		✓								
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.																
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Allergen information																
	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen	
Week two Thursday															✓	
Fresh fruit															✓	
Tomato soup															✓	
Carrot & Orange Sponge	✓			*	✓			✓								
Cheese and tomato pizza	✓			✓									*			
Potato wedges															✓	
Quorn dippers	✓			✓				✓								
Country mixed vegetables															✓	
Sweetcorn															✓	
Ham baguette	✓			*												
Sandwich with cheese	✓			✓	✓							*				
Sandwich with tuna mayo	✓				✓			✓	✓			*				
Side salad															✓	
Water															✓	
Home baked bread brown (86206)	✓			*	✓			*								
Home baked bread white (86205)	✓			*	✓			*								
La boulangerie Half/Half bread	✓				✓							*				
Baguettes white	✓															
Hellmann's Mayonnaise - authorised use only				✓		✓		✓								
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.																
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### Allergen information















	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week two Friday</b>															✓
Fresh fruit															✓
Yoghurt (Rowan Glen)				✓											
Carrot & Orange Sponge	✓			*	✓			✓							
Fish	✓								✓						
Chips															✓
Chips fried in oil used for fish	✓								✓						
Tomato Sauce portion															✓
Half/Half bread with flora	✓			*	✓							*			
Turkey meatballs in gravy															✓
Baked potato															✓
Ratatouille sauce															✓
Beetroot															✓
Peas															✓
Tuna mayo pasta pot	✓							✓	✓						
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
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	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week three Monday</b>															✓
Fresh fruit															✓
Yoghurt (Rowan Glen)				✓											
Lemon Sponge	✓			✓	*			✓				*		*	
Chicken curry				*		✓									
Boiled rice															✓
Naan bread	✓			✓											
Vegetable curry				*		✓									
Macaroni cheese	✓			✓											
Pitta bread strips	✓														
Broccoli															✓
Peas															✓
Tuna mayo baguette	✓							✓	✓						
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							

Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.

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Allergen information															
	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week three Tuesday</b>															✓
Fresh fruit															✓
Breadsticks	✓			*	*							*			
Mayonnaise dip								✓							
Yoghurt (Rowan Glen)				✓											
Cheese and tomato pizza	✓			✓									*		
Wedges															✓
Sweet and sour chicken															✓
Boiled rice															✓
Sweetcorn															✓
Coleslaw	*			*	*	*		✓					*	*	
Chicken sandwich	✓			*	✓							*			
Chicken (Campbells) Bank Holiday use ONLY				*											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
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





### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week three Wednesday</b>															✓
Fresh fruit															✓
Lentil Soup															✓
Chocolate Muffin	✓			✓	*			*				*		*	
Steak pie	✓			✓											
Baby Potatoes															✓
Quorn dippers	✓			✓				✓							
Savoury rice						✓									
Baby Potatoes															✓
Country mixed vegetables															✓
Ham baguette	✓			*											
Ham (Campbells) Bank Holiday use ONLY				*											
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							















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### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week three Thursday</b>															✓
<b>Fresh fruit</b>															✓
<b>Breadsticks</b>	✓			*	*							*			
<b>Mayonnaise dip</b>								✓							
<b>Yoghurt (Rowan Glen)</b>				✓											
<b>Homemade sausage pastry</b>	✓		*	✓	*	*								✓	
<b>Quorn sausage pastry</b>	✓			✓				✓							
<b>Mashed potatoes</b>				✓											
<b>BBQ Chicken Flatbread</b>	✓			✓	✓								✓		
<b>Beans</b>															✓
<b>Sweetcorn</b>															✓
<b>Ham sandwich</b>	✓			*	✓							*			
<b>Sandwich with cheese</b>	✓			✓	✓							*			
<b>Sandwich with tuna mayo</b>	✓				✓			✓	✓			*			
<b>Side salad</b>															✓
<b>Water</b>															✓
<b>Home baked bread brown (86206)</b>	✓			*	✓			*							
<b>Home baked bread white (86205)</b>	✓			*	✓			*							
<b>La boulangerie Half/Half bread</b>	✓				✓							*			
<b>Baguettes white</b>	✓														
<b>Hellmann's Mayonnaise - authorised use only</b>				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
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### Allergen information

	Cereals containing gluten	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Celery	Sulphur Dioxide	No Allergen
<b>Week three Friday</b>															✓
Fresh fruit															✓
Tomato Soup															✓
Lemon Sponge	✓			✓	*			✓				*		*	
Fish fingers	✓								✓						
Chips															✓
Chips fried in oil used for fish	✓								✓						
Tomato Sauce portion															✓
Meatball pasta bake	✓			✓											
Baked potato															✓
Beans filling															✓
Cheese filling				✓											
Peas															✓
Beetroot															✓
Tuna mayo pasta pot	✓							✓	✓						
Sandwich with cheese	✓			✓	✓							*			
Sandwich with tuna mayo	✓				✓			✓	✓			*			
Side salad															✓
Water															✓
Home baked bread brown (86206)	✓			*	✓			*							
Home baked bread white (86205)	✓			*	✓			*							
La boulangerie Half/Half bread	✓				✓							*			
Baguettes white	✓														
Hellmann's Mayonnaise - authorised use only				✓		✓		✓							
Gluten Free alternatives for many dishes are available where required. If a child has a food allergy, certain items can be omitted and replaced with suitable alternatives.															
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