🍽️ **SCHOOL LUNCH MENU**

Ingredients & Allergen Guide

Weeks 1–3 • Parent & Carer Information

⚠️ **IMPORTANT ALLERGY INFORMATION**

Known allergens are shown in BOLD throughout this guide.

If your child has a known allergy to **any food**, please check the ingredient list carefully before selecting a meal and speak to the school cook for further information.

Please also make sure that **the school has been informed of your child's allergy**.

Please note: This guide is based on the ingredient information provided by the kitchen. Recipes, products and ingredients may change. If you are unsure whether a meal is suitable for your child, please contact the school/kitchen before making a choice.

🟢 WEEK 1

🍝 BEEF CHILLI

Couscous • Grated cheese • Green beans

Ingredients: Beef mince • Green lentils • Red Kidney Beans • Tinned tomatoes • Brown onions • Tomato puree • Cheddar cheese • Cornflour • Garlic powder • Black pepper • Smoked paprika • Vegetable Bouillon Powder • Chilli Powder • Ground cumin •Couscous • Green beans

Allergens:

🔴 **WHEAT** 🔴 **BARLEY** 🔴 **FISH** 🔴 **MILK** 🔴 **CELERY**

🍛 CHICKEN WITH SWEET & SOUR SAUCE

White & wholegrain rice • wholewheat noodles • vegetable stir fry

Ingredients: Chicken • Brown onions • Fresh mixed peppers • Carrots • Pineapple • Dried ginger powder • Garlic powder • Vegetable bouillon powder • Brown & white wholegrain rice • Passata • Cornflour • White wine vinegar • Pineapple juice (from the tinned pineapple chunks) • Sugar • Soy Sauce • Black pepper • Noodles • Baby corn

Allergens:

🔴 **SOYA** 🔴 **WHEAT** 🔴 **CELERY**

🫓 CHICKEN WITH A CREAMY SAUCE

Roasted potatoes • carrots

Ingredients: Chicken • Carrots • Potatoes • Crème fraîche • Vegetable bouillon powder • Dried rosemary • Dijon mustard • Dried mixed herbs • Olive oil • Black pepper • Dried tarragon • Cornflour

Allergens:
🔴 **MILK** 🔴 **MUSTARD** 🔴 **CELERY**

🐟 CHEESY SALMON PASTA BAKE

Broccoli

Ingredients: Salmon fillets • Broccoli • Worcestershire sauce • Vegetable bouillon powder • Soy Sauce • Garlic powder • Crème fraîche • Wholewheat penne • Cheddar cheese • Milk • Plain flour • Butter • Pepper • Dijon mustard

Allergens:
🔴 **FISH** 🔴 **MILK** 🔴 **WHEAT** 🔴 **MUSTARD** 🔴 **CELERY**

🫓 MEDITERRANEAN BAKED CHICKEN

Pitta bread • houmous • vegetable sticks

Ingredients: Chicken breast • Houmous • Dried oregano • Cucumber • Carrots • Mixed peppers • Celery • Lemon juice • Paprika • Cumin • Pitta bread • Black pepper • Garlic powder • Olive oil

Allergens:
🔴 **WHEAT** 🔴 **SESAME** 🔴 **CELERY**

🔵 WEEK 2

🥔 JACKET POTATO

Tuna mayo • Cheese • Baked beans • Coleslaw

Ingredients: Potatoes • Baked beans • Cheddar cheese • Tuna • Mayonnaise • Coleslaw

Allergens:
🔴 **MILK** 🔴 **FISH** 🔴 **EGG**

🍗 CAJUN-STYLE CHICKEN FILLETS

Brown & white rice • Vegetable stir-fry • Wholemeal tortilla • Corn on the cob

Ingredients: Chicken • Brown & white wholegrain rice • Courgettes • Carrots • Red onions • Sweetcorn • Peppers • Wholemeal tortilla wrap • Fajita seasoning • Rapeseed oil • Corn on the cob

Allergens:
🔴 **WHEAT**

🐟 SALMON FILLET

Roasted New potatoes • Lebanese salad

Ingredients: Salmon • New potatoes • Salt • Bulgur wheat • Aubergine • Lebanese sauce • Chickpeas • Sultanas • Spring onions • Spearmint • Cucumber • Tomatoes • Brown onions • Parsley • Mint • Mixed peppers • Olive oil • Lemon juice • Garlic • Cumin • Pepper •Olive oil • Mixed herbs

Allergens:
🔴 **FISH** 🔴 **WHEAT**

🍕 PIZZA

Ingredients: Plain flour • Yeast • Caster sugar • Olive oil • Salt • Tomatoes • Salad leaves • Red onion • Mixed peppers • Mozzarella & cheddar cheese • Beef pepperoni (Halal) • Passata• Cucumber

Allergens:
🔴 **WHEAT** 🔴 **SOYA** 🔴 **BARLEY** 🔴 **MILK**

🍝 BEEF BOLOGNESE

Wholewheat pasta • Grated cheese • Mixed salad

Ingredients: Beef mince • Tinned Tomatoes • Brown onions • Lentils • Soy sauce • Worcestershire sauce • Garlic • Basil • Oregano • White pepper • Sugar • Smoked paprika • Vegetable bouillon powder • Wholewheat fusilli • Cucumber • Salad leaves • Red onion • Cherry tomatoes • Rapeseed oil • Salt• Cornflour• Mixed peppers

Allergens:
🔴 **SOYA** 🔴 **WHEAT** 🔴 **BARLEY** 🔴 **FISH** 🔴 **MILK**

🟣 WEEK 3

🧀 CHEESY PASTA BAKE

Mixed salad

Ingredients: Wholewheat penne • Plain flour • Butter • Semi-skimmed milk • Cheddar cheese • Salt • Pepper • Vegetable bouillon powder • Garlic powder • Soy sauce • Worcestershire sauce • Dijon mustard • Mixed salad leaves • Cucumber • Red onion • Cherry tomatoes • Mixed peppers

Allergens:

🔴 **WHOLEWHEAT** 🔴 **WHEAT** 🔴 **MILK** 🔴 **SOYA** 🔴 **BARLEY** 🔴 **FISH** 🔴 **MUSTARD**

🍝 HOMEMADE BEEF BURGER

Wholemeal bun • Salad • Vegetable sticks

Ingredients: Minced beef • Onion powder • Black pepper • Salt • Cheese • Lettuce • Tomatoes • Cucumber • Garlic powder • Carrots • Celery • Mixed peppers • Wholemeal burger buns

Allergens:

🔴 **WHEAT** 🔴 **WHOLEWHEAT** 🔴 **MILK** 🔴 **CELERY**

🍗 ROAST CHICKEN BREAST

Roasted New potatoes • Cauliflower cheese • Carrots • Gravy

Ingredients: Chicken • Rapeseed oil • Mixed herbs • New potatoes • Salt • Carrots • Cauliflower • Plain flour • Butter • Semi-skimmed milk • Cheddar cheese • Pepper • Vegetable bouillon powder • Soy sauce • Worcestershire sauce • Dijon mustard • Garlic Powder • Gravy • Olive Oil • Mixed herbs

Allergens:

🔴 **WHEAT** 🔴 **MILK** 🔴 **SOYA** 🔴 **BARLEY** 🔴 **FISH** 🔴 **MUSTARD**

🍝 BEEF MEATBALLS IN TOMATO SAUCE

Wholewheat pasta • Grated cheese • Mixed salad

Ingredients: Beef mince • Tinned tomatoes • Fresh mixed peppers • Brown onion • Soy sauce • Worcestershire sauce • Mixed salad leaves • Cucumber • Cheddar cheese • Wholewheat penne pasta • Rapeseed oil• Cornflour• Dried basil• Dried oregano• Garlic• White pepper• smoked paprika• Vegetable Bouillon Powder• Sugar • Olive oil

Allergens:

🔴 **SOYA** 🔴 **WHEAT** 🔴 **BARLEY** 🔴 **FISH** 🔴 **MILK**

🌯 BURRITO PLATE

Grilled chicken • Couscous • Sweetcorn • Peppers • 5-bean salad • Salsa • Guacamole

Ingredients: Chicken breast • Couscous • Vegetable bouillon powder • Sweetcorn • Mixed peppers • Mixed beans • Red onion • Red pepper • Fresh parsley • Red wine vinegar • Olive oil • Garlic • Italian seasoning • Tomatoes • Avocado • Lemon juice • Smoked paprika• Chickpeas• Salt and pepper

Allergens:
🔴 **WHEAT**

🍓 DESSERT MENU

🍊 Dessert	Allergen information
Fruit Medley Pots	🟢 No known allergens
Fruit Salad in Juice	🟢 No known allergens
Pineapple in Juice	🟢 No known allergens
Peaches Pots	🟢 No known allergens
Ambrosia Light Rice Pudding	🔴 **MILK**
Light & Free Strawberry Greek Style Yoghurt	🔴 **MILK**
Light & Free Raspberry Greek Style Yogurt	🔴 **MILK**

🚨 ALLERGEN QUICK REFERENCE

The following allergens appear in menu:

🔴 Allergen	Where it appears
Wheat / cereals containing gluten	Pasta, flour, couscous, wraps, breadcrumbs, noodles
Milk	Cheese, milk, butter, crème fraîche, yoghurt,
Fish	Salmon, tuna, cod, anchovy in Worcestershire sauce
Soya	Soy sauce, soya flour, soya lecithin
Barley	Worcestershire sauce

🔴 Allergen	Where it appears
Mustard	Dijon mustard
Sulphites	Metabisulphite-containing ingredients
Celery	Celery, vegetable stock
Sesame	Houmous

💔 KEEPING CHILDREN SAFE

Please check the full ingredient information if your child has an allergy or intolerance.

An ingredient may contain an allergen even when it is not obvious from the name of the dish. For example:

Worcestershire sauce → contains Barley & Fish
Soy sauce → contains Soya & Wheat
Dijon mustard → contains Mustard & Wheat
Houmous →contains Sesame

📌 Important

If you are unsure whether a meal is suitable for your child, please speak to the school/kitchen before your child selects that meal.

This document is an ingredient guide and does not replace the school's individual allergy management procedures.

