

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 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

Allergens:

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

THAI CHICKEN CURRY

White & wholegrain rice

Ingredients: Chicken • Brown onions • Fresh mixed peppers • Thai green curry paste • Coconut milk • Crème fraîche • Garlic powder • Vegetable bouillon powder • Brown & white wholegrain rice • Rapeseed oil • Cornflour

Allergens:

 **MILK**

CREAMY CHICKEN & POTATO PIE

Mixed vegetables

Ingredients: Chicken • Leeks • Carrots • Potatoes • Crème fraîche • Vegetable bouillon powder • Plain flour • Milk • Garlic powder • Dijon mustard • Worcestershire sauce • Dried parsley • Rapeseed oil • Black pepper • Mixed vegetables • Soy Sauce • Cornflour

Allergens:

● MILK ● WHEAT ● MUSTARD ● BARLEY ● FISH ● SULPHITES

CHEESY SALMON & BROCCOLI PASTA BAKE

Mixed salad

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 • Mixed leaves • Cucumber • Mixed peppers • Red onion • Tomatoes

Allergens:

● FISH ● MILK ● WHEAT ● MUSTARD

5-BEAN CHILLI

Couscous

Ingredients: Red kidney beans • Chickpeas • Butterbeans • Cannellini beans • Tinned tomatoes • Mixed peppers • Courgettes • Sweetcorn • Tomato purée • Chilli powder • Smoked Paprika • Cumin • Vegetable bouillon powder • Couscous • Worcestershire sauce • Garlic • Onions • Cornflour • Rapeseed oil

Allergens:

● WHEAT ● SULPHITES ● FISH ● BARLEY

● 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

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

Allergens:

● WHEAT

SALMON FISHCAKES / FISH FINGERS

Homemade chips • Peas

Ingredients: Salmon • Potatoes • Peas • Parsley • Chives • Eggs • Milk • Plain flour • Salt • Pepper • Rapeseed oil • Breadcrumbs • Cod fish fingers • Lemon juice

Allergens:

● FISH ● WHEAT ● SOYA ● MILK ● EGG

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

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

● 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

🥕 SWEET POTATO & LENTIL CURRY

Brown & white wholegrain rice & green beans

Ingredients: Sweet potatoes • Lentils • Tinned tomatoes • Brown onions • Tomato purée • Coconut milk • Vegetable bouillon powder • Mild curry powder • Cumin • Smoked paprika • Garlic • Rapeseed oil • Water • Brown & white wholegrain rice • Green beans • Cornflour

Allergens:

● No allergens identified in the ingredient information

🍗 ROAST CHICKEN BREAST

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

Allergens:

● WHEAT ● MILK ● SOYA ● BARLEY ● FISH ● MUSTARD

🐟 SALMON FILLET

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

Allergens:

● FISH ● WHEAT

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 the supplied menu information:

● Allergen	Where it appears
Wheat / cereals containing gluten	Pasta, flour, couscous, wraps, breadcrumbs, bulgur wheat
Milk	Cheese, milk, butter, crème fraîche, yoghurt, custard
Fish	Salmon, tuna, cod, anchovy in Worcestershire sauce
Egg	Mayonnaise and eggs used in fishcakes
Soya	Soy sauce, soya flour, soya lecithin

● Allergen	Where it appears
Barley	Worcestershire sauce
Mustard	Dijon mustard
Sulphites	Metabisulphite-containing ingredients

♥ 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

Breadcrumbs → contain Wheat & Soya

✦ 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.

