

Allergen Sheet

Cycle 3 Menu



Menu Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Chicken tikka masala, pilau rice, naan, mint yoghurt	✓	✓		✓			✓		✓					
Vegetable tikka masala, pilau rice, mint yoghurt, naan	✓	✓					✓		✓					
Margherita pizza, chips, salad, ketchup		✓					✓							✓
Roast vegetable and tomato pasta bake, salad, garlic bread, salad		✓					✓							
Mexican style, chicken fajita wrap, salad, salsa, sour cream, Mexican rice		✓					✓							✓
Sundried tomato and roast vegetable quiche, jacket wedges, baked beans		✓					✓							
Penne Bolognese, garlic bread, salad, grated cheese		✓					✓							
Macaroni cheese, garlic bread, salad		✓					✓							
Cheese burger, wedges, salad, cheese slice, sesame bun, ketchup		✓					✓					✓		✓
Spicy bean burger, wedges, salad, ketchup, sesame bun, cheese slice		✓					✓					✓		✓
Beef kofta wrap, jacket wedges, salad, tortilla wrap, mint yoghurt	✓	✓					✓		✓					
Crispy vegetable spring roll, fried rice ,curry sauce		✓					✓		✓			✓	✓	
Roast chicken dinner, roast potatoes, vegetables, Yorkshire pudding, gravy		✓		✓			✓							✓
Roast Quorn dinner, roast potatoes, vegetables, Yorkshire pudding, gravy		✓		✓			✓							
Madras beef curry, steamed rice, mini naan, mint yoghurt		✓		✓			✓							

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Madras vegetable curry, steamed rice, mini naan, mint yoghurt		✓					✓		✓					
Cantonese style chicken fried rice, curry sauce, prawn crackers		✓					✓					✓	✓	
Vegetable spring rolls, fried rice, curry sauce		✓					✓					✓	✓	
Battered fish, chips, ketchup, peas		✓			✓									✓
Spicy bean burger, chips, ketchup, salad, sesame bun	✓	✓					✓		✓					✓
Falafel wrap, jacket wedges, salad, mint yoghurt		✓					✓							
Chicken Katsu curry, fried rice, prawn crackers		✓	✓				✓							
Cheese burger, wedges, salad, ketchup, sesame bun		✓					✓					✓		✓
Jumbo cod fingers, jacket wedges, baked beans, ketchup		✓					✓							✓
Chicken Balti, pilau rice, mint yoghurt, mini naan bread		✓					✓		✓					
Vegetable Balti, pilau rice, mini naan bread, mint yoghurt		✓					✓		✓					
Veggie burger, chips, salad, mayo, ketchup		✓		✓										✓
Southern fried chicken, chips ,salad, mayo, ketchup		✓		✓			✓							✓
Quorn and vegetable fajita wrap, tortilla wrap, salad, salsa, Mexican rice		✓					✓						✓	
Victoria sponge cake		✓		✓			✓							
Rice Krispie crunch cake							✓							
Angel cake		✓		✓			✓							
Flapjack		✓		✓			✓							
Shortbread biscuit		✓		✓			✓							
Chocolate chip cookie		✓					✓							

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Red velvet cake		✓		✓			✓							
White chocolate cookie		✓					✓							
Chocolate fudge cake		✓		✓			✓							
Chocolate doughnut		✓		✓			✓							
Caramel shortcake		✓		✓			✓							
Chocolate brownie		✓		✓			✓							
Gingernut		✓					✓							
Bourbon		✓					✓							
Ritz biscuit		✓					✓							
Custard cream		✓					✓							
Digestive		✓					✓							