

School Meal Allergen Information

Mains		
Dish	Allergens	Carbohydrate per portion
Baked chicken sausage in gravy (h)	Gluten	2.8
Baked chicken sausage	Gluten	0.0
Baked sausage in gravy	Gluten	9.2
Baked sausage	Gluten	0.2
Battered fish fillet	Gluten, Fish	15
Beef burger in gravy	Gluten	6.6
Beef burger on a bun	Gluten	29.3
Beef chilli	Gluten	9.8
Beef chilli (h)	Gluten	9.9
Butter chicken	Gluten, Milk	3.3
Butter chicken (h)	Gluten, Milk	3.3
Cheese flan	Gluten, Eggs, Milk, Soya	19.4
Cheese panini	Gluten, Milk, soya	27.3
Cheese whirl	Gluten, Eggs, Milk, Sulphur Dioxide	21.1
Cheese wrap	Gluten, Eggs, Milk, mustard	36.7
Chicken biryani	Gluten	37.2
Chicken biryani (h)	Gluten	35.7
Chicken pasta bake	Milk, gluten, mustard, soya	41.5
Chicken pasta bake (h)	Milk, mustard, gluten, soya	39.86
Chicken shawarma wrap	Gluten	38.6
Chicken shawarma wrap (h)	Gluten	32.9
Chicken shawarma wrap gluten free	Egg	22.1
Chicken shawarma wrap (h) gluten free	Egg	22.1
Chicken shawarma plant based	Gluten, soya	36.4
Creamy tomato pasta	Gluten, milk, mustard, soya	37.5
Fishless fingers (v)	Gluten	11.7
Homemade mild chicken curry	No allergens	3.3
Homemade mild chicken curry (h)	No allergens	3.4
Homemade mild Quorn curry	No allergens	4.8
Homemade pork sausage roll	Gluten, Eggs	13.9
Hunters chicken	Milk, mustard	2.9
Hunters chicken (h)	Milk, mustard	2.89
Hunters Quorn	Milk, mustard. gluten	3.07
Jacket potato with beans	No allergens	58.8
Jacket potato with cheese	Milk	51.6
Jacket potato with tuna	Fish	51.5
Jacket potato with tuna mayo	Eggs, Fish, Milk, Mustard	52.2
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

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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	24.2
Margherita pizza (large slice)	Gluten, Eggs, Milk, Soya	32.3
Meat pie	Gluten, Eggs	23.4
Dish	Allergens	Carbohydrate per portion
Meat pie (h)	Gluten, Eggs	14.5
Mexican beef burrito	Gluten milk	55.9
Mexican beef burrito	Gluten milk	55.9
MSC Bubble crumb salmon barm	Gluten, Fish, Soya	32.8
MSC Bubble crumb salmon	Fish	15
MSC Fish fingers	Gluten, Fish	14.9
Omelette	Eggs	0.02
Panini – cheese	Gluten, Milk, Soya	22.9
Panini – tuna melt	Gluten, Milk, Soya, Mustard, Fish	23.17
Pasta bolognaise	Gluten, Mustard, Soya	52
Pasta bolognaise (h)	Gluten, Mustard, Soya	37.8
Plant based meatballs in a rich tomato sauce (v)	Gluten, Milk	3.6
Plant based meatballs in gravy (v)	Gluten	9.5
Pork meatballs in gravy	No allergens	4.9
Quorn biryani	No allergens	35.62
Quorn fillet in gravy	Gluten	6.2
Quorn Dippers	Gluten	10.6
Quorn pasta bake	Gluten milk, mustard, soya	41.9
Quorn patty burger on a bun	Gluten, Eggs, milk, soya	25.7
Quorn pattie in gravy	Gluten, Eggs, Milk	8.5
Quorn sausage in gravy	Gluten	10.9
Quorn sausage	Gluten	8.1
Roast chicken fillet in gravy	No allergens	3.1
Roast chicken fillet in gravy (h)	No allergens	2.8
Sandwich – cheese	Dairy, gluten, mustard	32.72
Sandwich – egg	Egg, dairy, gluten, mustard	27.7
Sandwich ham	Gluten, soya	33
Sandwich - tuna	Gluten, egg, fish, milk, mustard	27.6
Tomato pasta (v)	Gluten, Mustard, Soya	37
Tuna mayo wrap	Gluten, Milk, Mustard, fish, eggs	36.4
Vegemince bolognaise	Gluten, Mustard, Soya	41.52
Vegemince chilli	Gluten, Soya	7.12
Vegetable ravioli	Gluten	17.6
Homemade Vegetarian sausage roll	Gluten, soya, sulphur dioxide	12.3
Vegimince pie	Gluten, Soya	17.25

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Carbohydrates & Vegetables		
Dish	Allergens	Carbohydrate per portion
Baby jacket potatoes	No allergens	20.2
Baked beans	No allergens	7.3
Baked potato	No allergens	25.8
Bread (white)	Gluten, Soya	16.35
Bread (wholemeal)	Gluten	13.55
Broccoli	No allergens	1.2
Carrot roundels	No allergens	4.1
Chips (Frying)	No allergens	21.9
Coleslaw	Eggs, Milk, Mustard	2.3
Crusty bread	Gluten, Soya	7.7
Garden peas	No allergens	7
Garlic bread	Gluten soya	1.4
Gravy	No allergens	3.3
Green beans	No allergens	2.03
Hash Brown	No allergens	9.5
Homemade potato salad	Egg, milk, mustard	19
Mashed potatoes	Milk	22.6
Mixed vegetables	No allergens	7.3
Nachos (tortilla chips)	No allergens	10.5
Oven baked wedges	No allergens	23.5
Pasta	Gluten, Mustard, Soya	34.9
Plain naan bread	Gluten, Milk	11.5
Rainbow Rice	No allergens	34.2
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	9.6
Yorkshire pudding	Gluten, Eggs, Milk	10.9

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Desserts & Drinks		
Dish	Allergens	Carbohydrate per portion
Apple muffin	Gluten, Eggs, Milk	33.2
Aussie Crunch	Gluten, Sulphur dioxide, milk	40.5
Blueberry muffin	Gluten, Eggs, Milk	25
Chocolate blueberry traybake/muffin	Gluten, Eggs, Milk	23.9
Choccy moment	Gluten, Milk	27.23
Chocolate moussebreak	Milk	10.8
Chocolate shortbread	Gluten	19.2
Decorated jelly & fruit	Milk	32.4
Fresh fruit	No allergens	7.7
Frozen yoghurt	Milk	16.8
Fruit salad	No allergens	10.15
Fruit salad and cream	Dairy	19.5
Ice cream	Milk	14.5
Iced sponge	Gluten, Eggs	31.7
Jammy dodger	Gluten	27.9
Lemon drizzle muffin	Gluten, egg	16.3
Lemon cookie	Gluten	19.9
Oat cookie and orange segment	Gluten	23.4
Peach sponge	Gluten, Eggs	23.6
Pear and chocolate muffin	Gluten, egg, milk, soya	22.4
Shortbread biscuit & fruit	Gluten	23.5
Strawberry moussebreak	Dairy	11.9
Tropical Jelly	No allergens	41.8
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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