

Allergen Sheet

Cycle 1 Menu



Menu Item week 1 & 2	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Chicken & Spinach Curry, Rice & Mint Sauce							✓							
Vegetable Curry, Rice & Mint Sauce							✓							
Chicken Pilau, Naan and Riata		✓					✓							
Vegetable Pilau, Naan and Riata		✓					✓							
Cheese and Tomato Pasta, Garlic Bread and Salad		✓					✓							
Hot & spicy Chicken Mini Fillet Wrap, Salad, Garlic Mayo & Sweet Potato Fries		✓		✓			✓							
Halloumi Wrap, Salad, Garlic Mayo & Sweet Potato Fries		✓		✓			✓						✓	
Flaming Fish Fillet Buttie, SWB, Sauté Potatoes, Minted Peas & Salad	✓	✓			✓		✓		✓				✓	
Cheese & Onion Pie, SWB, Sauté Potatoes, Minted Peas & Salad		✓		✓			✓		✓				✓	✓
Mexican Chicken, Rice and Flatbread	✓	✓					✓		✓			✓	✓	✓
Mexican 5-Bean Chilli, Rice and Flatbread	✓	✓							✓				✓	
Beef Kofta Kebab, Bombay Potatoes, Pitta, Kebab Style Salad & Mint Sauce	✓	✓					✓		✓				✓	✓
Falafel Kebab, Bombay Potatoes, Pitta, Kebab Style Salad & Mint Sauce		✓		✓			✓							
Jacket Potato, Cheese, Beans, Tuna Mayo and Salad				✓	✓		✓							
Chicken Fillet Burger, seeded burger bun, Garlic New Potatoes, Salad and Burger Sauce	✓	✓		✓			✓					✓	✓	

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Onion Bhaji Wrap, Garlic New Potatoes, Salad and Burger Sauce		✓		✓			✓							
Mild Kidney Beans Curry, Rice, Fresh Coriander, Naan Bread and Mint Yoghurt		✓					✓							
Chocolate Orange Cake		✓		✓			✓							
Bourbon Biscuit Cake		✓		✓			✓							
Lemon Topped Flapjack		✓					✓							
Pink Lemonade Cake		✓		✓			✓							
Fresh Fruit														
Strawberry & White Chocolate Biscuit		✓					✓							
Salted Caramel, Pretzel Brownie		✓		✓			✓							
Topical cake		✓		✓			✓							
Chocolate Cola cake		✓		✓			✓							
Vanilla & Chocolate Chip Cake		✓		✓			✓							