

Allergen Sheet

Cycle 1 Menu



| Menu Item | Celery | Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide |
|---|--------|--------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-----------------|
| Build your own baguettes, tuna, sweetcorn, cheese and croquettes | | ✓ | | ✓ | ✓ | | ✓ | | | | | ✓ | | |
| Spicy chicken pasta, garlic bread, crunchy salad and cheese | | ✓ | | | | | ✓ | | | | | | ✓ | |
| Pasta arrabbiata, garlic bread, crunchy salad and cheese | | ✓ | | | | | ✓ | | | | | | ✓ | |
| Gourmet vegetarian, burger bun, garlic mayo, salad, cheese and chips | | ✓ | | ✓ | | | ✓ | | | | | ✓ | ✓ | |
| Chicken tikka masala and rice | ✓ | ✓ | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Vegetable masala and rice | | | | | | | | | | | | | | |
| Salmon and broccoli fishcake, salad, potato bites and garden peas | | ✓ | | | | | ✓ | | | | | | | |
| Cheese and onion bake, salad, potato bites and garden peas | | ✓ | | | | | ✓ | | | | | | | |
| Chinese chicken, crunchy salad and croquettes | ✓ | ✓ | | | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Falafel, crunchy salad and croquettes | | ✓ | | | | | ✓ | | | | | | | |
| Beef keema pasta, garlic bread, crunchy salad and cheese | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| Mediterranean vegetable pasta, garlic bread, crunchy salad and cheese | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| Stuffed potato skins, tuna, sweetcorn, baked beans and salad | | ✓ | | ✓ | ✓ | | ✓ | | | | | | | |
| Stuffed potato skins, cheese and spring onion, baked beans and salad | | ✓ | | | | | ✓ | | | | | | | |
| Beef patty kebab shop salad, Bombay potatoes and garlic mayo | ✓ | ✓ | | ✓ | | | ✓ | | ✓ | | | | ✓ | ✓ |
| Onion bhaji, kebab shop salad, Bombay potatoes and garlic mayo | | | | ✓ | | | ✓ | | | | | | | |

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| Vegetable pilau | | | | | | | | | | | | | | |
| Tandoori chicken baguette, cheese, crunchy salad and crisps | ✓ | ✓ | | | | | ✓ | | ✓ | | | ✓ | ✓ | ✓ |
| Hummus baguette, cheese, crunchy salad and crisps | | ✓ | | | | | ✓ | | | | | ✓ | | |
| Cauliflower and potato curry, fresh coriander and rice | | | | | | | | | | | | | | |
| Traditional roast beef dinner, broccoli, carrots and potatoes | | | | | | | | | | | | | | |
| Quorn roast, broccoli, carrots and potatoes | | | | ✓ | | | ✓ | | | | | | | |
| Vegetable samosa, mixed leaf salad and potato bites | ✓ | ✓ | | | | | ✓ | | ✓ | | | ✓ | ✓ | |
| Chicken pilau | | | | | | | | | | | | | | |
| Raita / mint sauce | | | | | | | ✓ | | | | | | | |
| Ketchup | | | | | | | | | | | | | | |
| BBQ sauce | | | | | | | | | | | | | | |
| Garlic and coriander mini naan bread | | ✓ | | | | | ✓ | | | | | | ✓ | |
| Wrap / chapatti | | ✓ | | | | | | | | | | | | |
| Vegetable gravy | | | | | | | | | | | | | | |
| Yorkshire pudding | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Chocolate and salted caramel biscuit | | ✓ | | | | | ✓ | | | | | | | |
| Popcorn muffin | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | |
| Brazilian coffee cake | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Mango lassi | | | | | | | ✓ | | | | | | | |
| Banana blondie | | ✓ | | ✓ | | | ✓ | | | | | | | |

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|---|--------|--------|-------------|------|------|-------|------|----------|---------|------|---------|--------|------|-----------------|
| Biscuit | | ✓ | | | | | ✓ | | | | | | | |
| Swiss roll | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Chocolate fudge cake | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Apple and raisin granola bar (contain oats) | | ✓ | | | | | ✓ | | | | | | | |
| Castella cake | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Strawberry and vanilla biscuit | | ✓ | | | | | ✓ | | | | | | | |
| Lemon frosted blueberry cake | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Chocolate orange cake | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Spiced sponge cake with brown butter icing | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Brownie | | ✓ | | ✓ | | | ✓ | | | | | | | |