

# Food Hypersensitivity (Allergen) information

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

These are:

Gluten	Celery	Crustaceans	Egg	Fish	Lupin	Mustard
Nut	Milk	Molluscs	Peanut	Sesame	Soya	Sulphites

## Food Hypersensitivity (Allergen) information for Term 3 2025

Blue option – Jacket potato choices	
Filling	Allergens
Tuna mayonnaise	FISH
Baked beans	NONE
Coleslaw	NONE
Cheese	MILK
Blue option – Pasta choices (GLUTEN)	
Topping	Allergens
Tomato & Basil sauce	NONE
Cheese	MILK
Yellow option – Sandwich choices	
Ingredient	Allergens
Wrap/Bread /Baguette	GLUTEN, SOYA, SESAME
Cheese	MILK
Ham	NONE
Egg mayonnaise	EGG
Tuna mayonnaise	FISH
Coleslaw	NONE

We are able to provide GLUTEN free and VEGAN fillings on our deli, pasta and jacket options for those children who have VEGAN (MILK & EGG) or GLUTEN listed as an allergen on their Fresh Start account.

CONTAINS GLUTEN can be adapted for children with gluten allergy		VEGAN can be adapted to vegan	
<b>SPACE THEME DAY – THURSDAY 16TH JANUARY 2025</b>			
Meal choice	Meal description	Allergens	
Red option	<i>Supersonic sausage plait, seasoned wedges &amp; baked beans</i>	GLUTEN (pastry)	SULPHITES (sausage meat)
Green option	<i>Meteor meatball spaghetti (VG)</i>	GLUTEN (spaghetti)	SOYA (meatballs)
Blue option	<i>Jet stream jacket potato with beans &amp; cheese (V)</i>	MILK (cheese)	
Yellow option	<i>Cosmic cheese baguette with crudités (V)</i>	GLUTEN (baguette)	MILK (cheese)
		May contain Sesame (baguette)	
Dessert	<i>Galactic gooey chocolate pudding (V)</i>	GLUTEN (flour)	MILK, EGGS (pudding)

**\*\*SALAD AND FRESH FRUIT ALSO AVAILABLE\*\***

## Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Veggie Caribbean style curry and rice (VG)	NONE
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Yoghurt, peaches and fruit coulis (V)	MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Spaghetti carbonara	GLUTEN (spaghetti) MILK (cream)
Green option	Moroccan veg and chickpea tagine (VG)	NONE
Dessert	Sticky ginger cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA

Wednesday		
Meal choice	Meal description	Allergens
Red option	Braised beef casserole, roast potatoes & Yorkshire pudding	MILK, EGG, GLUTEN (Yorkshire Pudding) *, May contain SOYA
Green option	Mediterranean vegetarian tart with roast potatoes (VG)	GLUTEN (pastry)
Dessert	Fruit jelly (VG)	NONE

Thursday		
Meal choice	Meal description	Allergens
Red option	One pot chicken and rice	NONE
Green option	Spinach and pesto pinwheels (VG)	GLUTEN (pastry)
Dessert	Chewy oat and sultana cookie (VG)	GLUTEN (flour, oats), May contain SOYA

Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish fingers & chips	GLUTEN (breadcrumbs) FISH
Green option	Fishless fingers and chips (VG)	GLUTEN & SOYA (fishless finger)
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA

\* This option can be provided allergy free by removing the Yorkshire pudding for those registered with MILK, EGG and GLUTEN allergies.

## Week B

Monday			
Meal choice	Meal description	Allergens	
Red option	Singapore noodles (VG)	GLUTEN (noodles)	SOYA (soy sauce)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base)	MILK (cheese) May contain SOYA
Dessert	Berry mousse (V)	MILK (yoghurt & cream)	

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Beef Bolognese with pasta shapes	GLUTEN (pasta)	
Green option	Butternut burger in a bun with a rustic tomato sauce (VG)	GLUTEN (bun & burger) May contain SOYA (bun & burger)	
Dessert	Dorset apple cake (V)	GLUTEN (flour), EGG (cake), May contain SOYA	

Wednesday			
Meal choice	Meal description	Allergens	
Red option	Toad in the hole with roast potatoes	MILK (Yorkshire Pudding), EGG (Yorkshire Pudding), GLUTEN (Yorkshire Pudding, sausage) , SULPHITES (sausage) May contain SOYA *	
Green option	Vegetarian toad in the hole with roast potatoes (V)	GLUTEN (Yorkshire Pudding) **	
		MILK (Yorkshire pudding), EGG (Yorkshire pudding)**	
		SOYA (sausages & May contain in Yorkshire)	
Dessert	Cheese and crackers (V)	GLUTEN (crackers)	MILK (cheese)

Thursday			
Meal choice	Meal description	Allergens	
Red option	Chicken korma with 50/50 rice	NONE	
Green option	Bean and root vegetable casserole with fluffy dumplings (VG)	GLUTEN (dumplings)	
Dessert	Chocolate orange cookie (VG)	GLUTEN (flour), May contain SOYA	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)	FISH
Green option	Vegan sausage and chips (VG)	SOYA (sausage)	
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA	

\* This option can be provided allergy free by removing the Yorkshire pudding and a GF sausage

\*\*This option can be provided gluten & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free

## Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Vegetable hot dog with winter slaw (VG)	GLUTEN (roll) SOYA (sausage)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA
Dessert	Chocolate swirl (V)	GLUTEN (pastry)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Beef and onion puff with baby potatoes	GLUTEN (pastry)
Green option	Pesto pasta (VG)	GLUTEN (pasta)
Dessert	Lemon drizzle cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA (flour)
Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast chicken with roast potatoes and Yorkshire pudding	GLUTEN (Yorkshire Pudding), May contain SOYA * MILK, EGG (Yorkshire Pudding) *
Green option	Winter vegetable & lentil bake with roast potatoes (VG)	GLUTEN (lentils & breadcrumbs)
Dessert	Banana flapjack (VG)	GLUTEN (oats)
Thursday		
Meal choice	Meal description	Allergens
Red option	Aromatic mild lamb curry with 50/50 rice	NONE
Green option	Macaroni cheese (V)	GLUTEN (pasta & bechamel sauce), MILK (cheese & bechamel sauce)
Dessert	Vanilla shortbread (VG)	GLUTEN (flour), May contain SOYA (flour)
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	GLUTEN (breadcrumbs) FISH
Green option	Rainbow veggie wrap and chips (VG)	GLUTEN (wrap)
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA

\* This option can be provided Gluten, milk and egg allergy free by removing the Yorkshire pudding

**MANY OF OUR DESSERTS CONTAIN GLUTEN (flour which is also May contain SOYA), MILK OR EGG, FOR THOSE CHILDREN REGISTERED WITH THOSE ALLERGENS AN ALTERNATIVE DESSERT WILL BE OFFERED BUT THIS WILL NOT ALWAYS BE A LIKE FOR LIKE REPLACEMENT OF THE DESSERT FOR THAT DAY.**