

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 4 FEB - MAR 2026

| Blue option – Jacket potato choices | |
|-------------------------------------|----------------------|
| Filling | Allergens |
| Tuna mayonnaise | FISH |
| Baked beans | NONE |
| Coleslaw | NONE |
| Cheese | MILK |
| Yellow option – Sandwich choices | |
| Ingredient | Allergens |
| Wrap/Bread /Baguette | GLUTEN, SOYA, SESAME |
| Cheese | MILK |
| Ham | NONE |
| Egg mayonnaise | EGG |
| Salmon / 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 | |
|--|--|--|------------------------|
| WORLD BOOK DAY – THUR 5TH MARCH | | | |
| Meal choice | Meal description | Allergens | |
| Red option | <i>BFG's battered chicken burger with snozzcumber salad & coleslaw</i> | GLUTEN, CELERY (chicken), GLUTEN, may contain SESAME (bun) | |
| Green option | <i>Superworm's spaghetti with meatless meatballs (VG)</i> | GLUTEN (spaghetti) | SOYA (vegan meatballs) |
| Blue option | <i>Jemima's jacket potatoes with a selection of toppings</i> | MILK (cheese) | FISH (tuna mayo) |
| Yellow option | <i>Potter's pizza sub with Gryffindor garden salad (V)</i> | GLUTEN (baguette) ** | MILK (cheese) |
| Dessert | <i>Wonka's chocolate & orange cookie (VG)</i> | May contain SESAME (baguette) | |
| | | GLUTEN, May contain SOYA (flour) | |

**Can be Gluten free using Gluten free pizza base, & VEGAN / DAIRY FREE using Vegan cheese

Week A

| Monday | | |
|--------------|--|---|
| Meal choice | Meal description | Allergens |
| Red option | Spring vegetable wellington with new potatoes (VG) | GLUTEN, May contain LUPIN, SOYA, MUSTARD (pastry) |
| Green option | Cheese & tomato pizza with mixed salad (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour) |
| Dessert | Yoghurt with a choice of toppings (V) | GLUTEN (oats) MILK (yoghurt) |

| Tuesday | | |
|--------------|----------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Mexican beef tortilla bake | GLUTEN (wrap), MILK (cheese) |
| Green option | Pesto Pasta (VG) | GLUTEN (pasta) |
| Dessert | Ginger crunch cookie (VG) | GLUTEN (flour), May contain SOYA (flour) |

| Wednesday | | |
|--------------|--|---|
| Meal choice | Meal description | Allergens |
| Red option | Roast Chicken, Yorkshire pudding, seasonal vegetables, roast potatoes & optional gravy | GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding) * |
| Green option | Cauliflower cheese with a crunchy crumb, roast potatoes & Yorkshire pudding (V) | MILK (Yorkshire, sauce & cheese), GLUTEN (sauce, crumb, Yorkshire), EGG (Yorkshire) May contain SOYA (Yorkshire & sauce) |
| Dessert | Jelly (VG) | None |

| Thursday | | |
|--------------|---------------------------------------|---|
| Meal choice | Meal description | Allergens |
| Red option | Pepperoni pasta | GLUTEN (pasta) |
| Green option | Roasted vegetable & bean burrito (VG) | GLUTEN (tortilla wrap) |
| Dessert | Lemon drizzle cake (V) | GLUTEN (flour), EGG (egg), May contain SOYA (flour) |

| Friday | | |
|--------------|---------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Fish fingers & chips | GLUTEN (breadcrumbs) FISH (fish fingers) |
| 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 Gluten, milk and egg allergy free by removing the Yorkshire pudding - extra veg & potatoes to be provided in replacement

Week B

| Monday | | |
|--------------|---------------------------------------|---|
| Meal choice | Meal description | Allergens |
| Red option | Loaded sweet potato wedges (V) | MILK (cheese) |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour) |
| Dessert | Yoghurt with a choice of toppings (V) | GLUTEN (oats) MILK (yoghurt) |

| Tuesday | | |
|--------------|------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Country chicken pie | None |
| Green option | Macaroni cheese (V) | GLUTEN (pasta & bechamel sauce) MILK (cheese & bechamel sauce), May contain SOYA (bechamel sauce) |
| Dessert | Fruity shortbread (VG) | GLUTEN (flour), May contain SOYA (flour) |

| Wednesday | | |
|--------------|--|--|
| Meal choice | Meal description | Allergens |
| Red option | Toad in the hole (Pork) with roast potatoes, seasonal veg & optional gravy | MILK (Yorkshire pudding), EGG (Yorkshire pudding), GLUTEN (Sausage, Yorkshire), SULPHITES (sausage) * |
| Green option | Vegetarian toad in the hole with roast potatoes, seasonal veg & optional gravy (V) | GLUTEN (Yorkshire Pudding) MILK, EGG (Yorkshire pudding) ** SOYA (sausages), May contain SOYA (Yorkshire pudding) |
| Dessert | Jelly (VG) | None |

| Thursday | | |
|--------------|--|--|
| Meal choice | Meal description | Allergens |
| Red option | Katsu chicken curry with rice | GLUTEN & CELERY (chicken) |
| Green option | Cheese & sweetcorn pinwheels with diced potatoes (V) | MILK (cheese) GLUTEN (pastry), May contain LUPIN, SOYA, MUSTARD (pastry) |
| Dessert | Chocolate & beetroot brownie (VG) | GLUTEN (flour), May contain SOYA (flour) |

| Friday | | |
|--------------|--------------------------------|--|
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish and chips | GLUTEN (breadcrumbs) FISH (fish) |
| Green option | Veggie burger and chips (VG) | None |
| Dessert | A Selection of Home Baking (V) | GLUTEN (flour), EGG (egg) May contain SOYA |

*Can be GF without Yorkshire pudding and replacing with GF sausage, served with additional veg & potatoes

** Can be GF & VEGAN without Yorkshire pudding, served with additional potatoes and veg. – THIS IS NOT ABLE TO BE SOYA FREE

Week C

| Monday | | |
|--------------|--|--|
| Meal choice | Meal description | Allergens |
| Red option | Vegetable jambalaya (VG) | None |
| Green option | Cheese & tomato pizza (V) | GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour) |
| Dessert | Yoghurt with a choice of toppings (V) | GLUTEN (oats) MILK (yoghurt) |
| Tuesday | | |
| Meal choice | Meal description | Allergens |
| Red option | Hot honey chicken with rice | SOYA (soy sauce) |
| Green option | Veggie bolognese (VG) | GLUTEN (spaghetti) SOYA (mince) |
| Dessert | Oaty cookie (VG) | GLUTEN (oats & flour), May contain SOYA (flour) |
| Wednesday | | |
| Meal choice | Meal description | Allergens |
| Red option | Roast Chicken, Yorkshire pudding, seasonal vegetables, roast potatoes & optional gravy | GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding)* |
| Green option | Butternut roast with roast potatoes, seasonal veg & optional gravy (VG) | None |
| Dessert | Jelly (VG) | None |
| Thursday | | |
| Meal choice | Meal description | Allergens |
| Red option | Sausage plait (Pork), baked beans and new potatoes | GLUTEN (sausage meat, pastry) ** SULPHITES (sausage meat) May contain LUPIN, SOYA, MUSTARD (pastry) |
| Green option | Vegetable Biryani (VG) | None |
| Dessert | Blueberry tray bake (V) | GLUTEN (Flour), EGG (Egg), May contain SOYA (flour) |
| Friday | | |
| Meal choice | Meal description | Allergens |
| Red option | Breaded fish and chips | GLUTEN (breadcrumbs) FISH (fish) |
| Green option | Veggie sausage and chips (VG) | SOYA (vegan sausage) |
| 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- extra veg & potatoes to be provided in replacement

** Can be GLUTEN FREE by swapping for a Gluten free sausage in replacement of the sausage plait

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.