

Allergen Sheet

Cycle 1 Menu

Menu Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Beef burger with Monterey Jack cheese, wedges, salad and ketchup		✓					✓						✓	
Vegetable burger, wedges, salad and ketchup		✓					✓						✓	
BBQ Chicken Burger, Wedges, salad, ketchup		✓												
Chicken Fajitas, salsa, sour crème, nachos		✓					✓							
Vegetarian Fajitas, salsa, sour crème, nachos		✓											✓	
Chicken Pilau, Naan bread and Raitha		✓					✓							
Vegetarian Pilau, Naan Bread and Raitha		✓					✓							
Fill your own sandwich , tuna mayo, cheese, chicken mayo and salad		✓		✓	✓		✓		✓					
Beef Chilli, Rice, Cheese, Sour Crème							✓							
Lasagne, Garlic Bread, Salad	✓	✓		✓			✓		✓					
Vegetarian Lasagne, Garlic Bread, Salad		✓		✓			✓		✓					
Cheese and Tomato Pizza, chips, beans		✓												
Chicken and tomato pasta, garlic bread, salad		✓					✓							
Mac and cheese, garlic bread, salad		✓		✓			✓							
Cheese pasty, potato rosti, sweetcorn		✓		✓			✓		✓					
Jacket potato, tuna mayo, cheese and beans, salad				✓	✓		✓		✓					

Menu Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Lamb keema, rice, naan bread		✓												
Vegetarian keema, rice, naan bread		✓												
Battered fish, chips and garden peas		✓			✓		✓		✓					
Veg nuggets, chips, peas, tomato sauce		✓												
Cookies		✓		✓			✓							
Cake		✓		✓			✓							
Brownie		✓		✓			✓							
Strawberry mousse		✓		✓			✓							
Muffins		✓		✓			✓							
Ice cream				✓			✓							
Chocolate shortbread		✓					✓							
Flapjack		✓					✓							
Yoghurts							✓							
Toast		✓					✓							
Teacake		✓					✓							
Crumpet		✓					✓							
Oat biscuit		✓					✓							
Cheese on toast		✓					✓							
Pancake		✓		✓			✓							

