

# 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 1 SEPT/OCT 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>THEME DAY – HARVEST FESTIVAL – THUR 2<sup>ND</sup> OCTOBER</b> 		
Meal choice	Meal description	Allergens
Red option	Chicken burger with mixed salad & coleslaw	GLUTEN (burger & bun), CELERY (burger), May contain SESAME (bun)
Green option	Veggie burger with mixed salad & coleslaw (VG)	GLUTEN (burger & bun) May contain SESAME(bun), May contain SOYA (burger)
Blue option	Pesto pasta (VG)	GLUTEN (pasta)
Yellow option	Ham & cheese wrap with mixed salad & coleslaw	GLUTEN (wrap) MILK (cheese)
Dessert	Toffee apple cake (V) or Apple slices with toffee dip (VG)	EGG, GLUTEN, May contain SOYA (cake) NONE

## Week A

Monday			
Meal choice	Meal description	Allergens	
Red option	Caribbean style curry and rice (VG)	None	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats)	MILK (yoghurt)

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Pepperoni pasta	GLUTEN (pasta), MILK (pepperoni), SOYA (pepperoni)	
Green option	Savoury muffins and new potatoes (V)	GLUTEN (flour), EGG, MILK (cheese), may contain SOYA (flour)	
Dessert	Ginger snap cookies (VG)	GLUTEN, May contain SOYA (flour)	

Wednesday			
Meal choice	Meal description	Allergens	
Red option	Roast chicken with roast potatoes and Yorkshire pudding	MILK, EGG, GLUTEN, May contain SOYA (Yorkshire Pudding) *	
Green option	Butternut and five bean roast (VG)	None	
Dessert	Jelly (VG)	None	

Thursday			
Meal choice	Meal description	Allergens	
Red option	Pork kofta and rainbow rice	None	
Green option	Cheese & tomato quesadillas (V)	GLUTEN (tortilla)	MILK (cheese)
Dessert	Summer fruit sponge (V)	EGG, GLUTEN (flour) May contain SOYA	

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 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	Summer ready risotto (VG)	None	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats)	MILK (yoghurt)

Tuesday			
Meal choice	Meal description	Allergens	
Red option	Sticky BBQ chicken and coconut rice	SOYA (soy sauce)	
Green option	Macaroni cheese (V)	GLUTEN (macaroni & bechamel sauce), MILK (cheese & bechamel sauce)	
Dessert	Banana bread cookie (VG)	GLUTEN, May contain SOYA (flour)	

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

Thursday			
Meal choice	Meal description	Allergens	
Red option	Meatballs (pork & beef) with spaghetti	GLUTEN (spaghetti)	
Green option	Vegetable korma with rice (VG)	None	
Dessert	Pear and honey cake (V)	EGG, GLUTEN (flour), May contain SOYA (flour)	

Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)	FISH
Green option	Vegan pot pie (VG)	GLUTEN (pastry), May contain LUPIN, SOYA, MUSTARD (pastry)	
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 and adding a GF sausage.

\*\*This option can be provided gluten, egg & dairy free by removing the Yorkshire pudding as the veggie sausages are both Vegan and Gluten Free. **This cannot be provided SOYA free.**

## Week C

Monday			
Meal choice	Meal description	Allergens	
Red option	Garlicky vegetable noodles (VG)	GLUTEN (noodles), SOYA (soy sauce)	
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) May contain SOYA	MILK (cheese)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats)	MILK (yoghurt)
Tuesday			
Meal choice	Meal description	Allergens	
Red option	Ham & cheese pinwheels with new potatoes	GLUTEN (pastry) May contain LUPIN, SOYA, MUSTARD (pastry), MILK (cheese)	
Green option	Veggie meatballs with spaghetti (VG)	GLUTEN (spaghetti)	SOYA (meatballs)
Dessert	Marble cookie (VG)	GLUTEN (flour), May contain SOYA (flour)	
Wednesday			
Meal choice	Meal description	Allergens	
Red option	Roast chicken, roast potatoes & Yorkshire pudding	GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding)	
Green option	Vegan mince cobbler (VG)	GLUTEN (Cobbler),may contain SOYA (flour)	
Dessert	Cheese and crackers (V)	GLUTEN (crackers)	MILK (cheese)
Thursday			
Meal choice	Meal description	Allergens	
Red option	Beef bolognese pasta bake	GLUTEN (pasta)	MILK (cheese)
Green option	Sweet potato falafel and cous cous (VG)	GLUTEN (cous cous)	
Dessert	Carrot cake tray bake (V)	EGG, GLUTEN (Flour), May contain SOYA (flour)	
Friday			
Meal choice	Meal description	Allergens	
Red option	Breaded fish and chips	GLUTEN (breadcrumbs)	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

**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.**