

ALLERGENS IN FOOD – updated 8th September 2021

Please be reminded that due to serious allergies we are nut and seed free school

Gluten	Milk	Eggs	Soya	Celery	Sulphur Dioxide	Mustard	Seafood
Baguette Baguette pizza Cauliflower and chickpea curry Cheese roulade Cheeseburger in a bun Cheesecake Cheesy leek sauce Chicken curry Chicken goujons Chocolate cake Courgette and broccoli bake Crackers Curried vegetable rolls Flapjack Goats cheese parcels Gravy Macaroni cheese Meat loaf Meatballs Pasta bake Pasta carbonara Pastry twists Pizza Quiche Ratatouille with garlic bread Sausage and macaroni bake Sausages Semolina pudding Spaghetti bolognaise Sponge cake Spring rolls Stir fry noodles Tempura vegetables Toad in the hole Vegetable fajitas Vegetable samosa Vegetarian bolognaise Yorkshire pudding	Alsatian chicken Baguette Baguette pizza Cajun chicken Cheese Cheese omelette Cheese roulade Cheeseburger in a bun Cheesecake Cheesy leek sauce Chocolate cake Chocolate sauce Cottage pie Courgette and broccoli bake Flapjack Goats cheese parcels Ice cream Macaroni cheese Mashed potato Mushroom sauce Mushroom sauce Onion tart Pasta bake Pasta carbonara Pizza Quiche Ratatouille with garlic bread Red lentil and aubergine curry Rice Rice pudding Risotto Sausage and macaroni bake Semolina pudding Sponge cake Thai chicken Toad in the hole Tomato soup Yorkshire pudding	Cheese omelette Chicken goujons Chocolate cake Courgette and broccoli bake Macaroni cheese Mayonnaise Meatballs Mushroom sauce Onion tart Pasta carbonara Quiche Salad of the day Sausage and macaroni bake Sponge cake Stir fry noodles Stuffed peppers Toad in the hole	Cajun chicken Sweet and sour chicken	Cauliflower and chickpea curry Chicken curry Cottage pie Gravy Pasta bake Spaghetti bolognaise Vegetarian bolognaise	Chickpea tagine Sausage meat	Cauliflower and chickpea curry Chicken curry	Tuna