

TERM 3 MENU ALLERGEN SHEET



Menu Item	Celery	Cereals containing Gluten	Crustaceans (Shellfish)	Eggs	Fish	Lupin	Milk	Molluscs (Shellfish)	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Italian Meatballs Spaghetti, Garlic Bread	✓	✓				✓	✓							✓
Katsu Chicken, Rice, Prawn Cracker	✓	✓		✓		✓	✓	✓				✓	✓	
Mediterranean Grilled Beef, New Potatoes & Glazed Carrots	✓	✓				✓	✓							✓
Chicken Thigh, Yorkshire Pudding Veg & Gravy	✓	✓		✓		✓	✓		✓					
Chicken Burger, Chips, Coleslaw	✓	✓		✓		✓			✓					✓
Chicken Tikka Masala, Basmati Rice & Naan Bread	✓	✓		✓		✓	✓		✓					
Salt-Pepper Chicken Noodles Veggie Spring Rolls	✓	✓	✓	✓		✓			✓					✓
Beef Bolognese Pasta, Garlic Bread		✓				✓	✓							✓
Salt-Pepper Veggie Singapore Noodles Broccoli	✓	✓	✓			✓							✓	✓
Cheese & Onion Sliced		✓		✓		✓	✓							✓
Hot Sandwiches Spicy Italian	✓	✓				✓	✓							
Hot Sandwiches BBQ Chicken & Cheese	✓	✓		✓		✓	✓		✓					✓
Hot Sandwiches Deli Meat (Pepperoni, Turkey, Cheese)	✓	✓		✓		✓	✓		✓					✓
Pepperoni/ BBQ Chicken Pizza		✓				✓	✓							✓
Margherita Cheese Pizza		✓				✓	✓							✓
Roasted Vegetable Pizza		✓				✓	✓							✓
Jacket Potato with Cheese							✓							
Jacket Potato with Beans														
Jacket Potato with Tuna Mayo				✓	✓		✓							
Mix Veggie Panini Pizza	✓	✓		✓		✓	✓							
Sausage Rolls		✓	✓			✓	✓	✓					✓	✓
Egg Fried Rice & Broccoli	✓			✓					✓				✓	✓

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Veggie Enchilada, Chessy Wedges	✓	✓				✓	✓							✓
Roasted Veggie, Jollof Rice Petit Pain		✓				✓	✓							
Quorn Nuggets & Chips		✓		✓		✓	✓					✓		✓
Chocolate Cake		✓		✓		✓	✓						✓	
Twin Lollies Ice														✓
Mixed Muffins		✓		✓		✓	✓						✓	
School Sponge		✓		✓		✓	✓							
Yogurt							✓							
Choc-Chip Flapjack		✓				✓							✓	
Plain Chicken Wrap		✓				✓	✓							✓
Chicken BBQ Wrap	✓	✓		✓		✓	✓		✓					✓
Chicken Sweet Chilli Wrap	✓	✓		✓		✓	✓					✓		✓
Chicken BBQ Baguette	✓	✓		✓		✓	✓		✓					✓
Plain Chicken Baguette	✓	✓				✓	✓							✓
Chicken Sandwich Bread	✓	✓		✓		✓	✓							✓
Chicken Baguette	✓	✓		✓		✓	✓							✓
Tuna Mayo Sandwich Bread		✓		✓	✓	✓								
Bacon Baguette		✓				✓								✓
Cheese Sandwich Bread		✓				✓	✓							
Ham Sandwich Bread		✓				✓								✓
Ham and Cheese Baguette		✓				✓	✓							✓
Plain Bagel		✓				✓								
Corn Flake		✓												
Rice Crispy		✓												
Toast bread		✓				✓	✓							✓
Panini Cheese		✓				✓	✓		✓					✓
Panini Ham-Cheese		✓				✓	✓							✓
Bacon														✓
Chicken Sausages														✓
Scrambles Eggs				✓										
Veggie Sausages		✓					✓		✓					

