

<b>SECONDARY - SPRING SUMMER 2019</b>	
<b>ALLERGY CONTENT CHART FROM: Spring Summer 2019</b>	<b>14 allergens listed under FSA:</b>
<b>MEAL OF THE DAY</b>	<b>Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,</b>
<b>Week 1</b>	<b>Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,</b>
<b>MENU ITEM/PRODUCT</b>	<b>Sulphur Dioxide/Sulphites</b>
<b>SECONDARY MENU</b>	
<b>Monday</b>	
Pork Sausages & Onion Gravy	Gluten, Sulphur Dioxide
Quorn Nuggets	Gluten
Mashed Potatoes, Seasonal Vegetables (none)	Milk
<b>Tuesday</b>	
Chicken Tikka or Korma or Katsu	Milk, Sulphur Dioxide Katsu: Gluten, Soya
Quorn Korma (v)	Eggs, Gluten, Milk, Sulphur Dioxide
Naan Bread, Pilau Rice	Naan - Gluten, Milk
Mango Chutney (NONE)/Mint Yoghurt	Milk
<b>Wednesday</b>	
Roast Pork Loin (JB) with Gravy & Apple Sauce	NONE
Macroni Cheese with Herbs/Garlic	Celery, Eggs, Gluten, Milk
Roast Potatoes & Seasonal Vegetables	NONE
<b>Thursday</b>	
Spaghetti Bolognese with Garlic Bread	Celery, Eggs, Gluten
Sausage Roll	Celery, Gluten, Milk
Herby Diced Potatoes	Gluten
<b>Friday</b>	
Battered Fish with Chips & Peas	Fish, Gluten, Milk, Mustard
Homemade Pizza (v)	Eggs, Gluten, Milk, Soya
Home made Deep Pan Pepperoni Pizza	Eggs, Gluten, Milk, Soya
<b>Week 2</b>	<b>14 allergens listed under FSA:</b>
<b>MENU ITEM/PRODUCT</b>	<b>Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,</b>
<b>SECONDARY MENU</b>	<b>Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,</b>
	<b>Sulphur Dioxide/Sulphites</b>
<b>Monday</b>	
Cottage Pie	Celery, Gluten, Milk, Soybeans, Sulphur Dioxide
Salmon & Sweet Potato Fishcake	Fish, Gluten, Sulphur Dioxide
Herby Diced Potatoes	Gluten
<b>Tuesday</b>	
Chicken Tikka or Korma	Milk, Sulphur dioxide
Quorn & Lentil Korma (v)	Eggs, Gluten, Milk Sulphur Dioxide
Naan Bread, Pilau Rice	Naan - Gluten, Milk
Mango Chutney (NONE)/Mint Yoghurt	Milk
<b>Wednesday</b>	
Roasted Chicken Breast & Gravy	NONE
Stuffing	Gluten
Veg & Potato Puff Pastry Pie (v)	Gluten, Eggs
Roast Potatoes & Seasonal Vegetables	NONE
<b>Thursday</b>	
Pork Meatballs with Tomato Sauce	Sulphur Dioxide
Cheese & Tomato Quesadillas (v)	Gluten, Milk
Mashed Potatoes, Seasonal Vegetables (none)	Milk
<b>Friday</b>	
Battered Fish with Chips & Peas	Fish, Gluten, Milk, Mustard
Homemade Pizza (v)	Eggs, Gluten, Milk, Soya
Tuna Melt Panini, Mixed Salad	Gluten, Fish, Milk, Sesame Seeds
<b>Week 3</b>	<b>14 allergens listed under FSA:</b>
<b>MENU ITEM/PRODUCT</b>	<b>Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,</b>
<b>SECONDARY MENU</b>	<b>Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,</b>
	<b>Sulphur Dioxide/Sulphites</b>
<b>Monday</b>	
Hunters Chicken with BBQ Sauce & Grated Cheese	Gluten, Milk
Tuna Melt Panini, Mixed Salad	Gluten, Fish, Milk, Sesame Seeds
Cheese Melt Panini, Mixed Salad	Gluten, Milk, Sesame Seeds
Herby Diced Potatoes	Gluten
<b>Tuesday</b>	
Chicken Tikka or Korma	Milk, Sulphur dioxide
Quorn & Lentil Korma (v)	Eggs, Gluten, Milk, Sulphur dioxide
Naan Bread, Pilau Rice & Spiced Tomato & Onion	Naan - Gluten, Milk
Rice	NONE
Seasonal Vegetables	NONE
Mango Chutney (NONE)/Mint Yoghurt	Milk
<b>Wednesday</b>	
Roast Beef, Yorkshire Pudding, Gravy	Eggs, Gluten, Milk
Cherry Tomatoes & Cheese Fajita	Eggs, Milk Tortilla: Gluten
Roast Potatoes, Seasonal Vegetables	NONE
<b>Thursday</b>	
Steak/Chicken Pie	Celery, gluten, Milk, Mustard, Soybeans, Sulphur Dioxide

Quorn Sausage	Eggs, Gluten, Milk
Mashed Potatoes, Seasonal Vegetables (none)	Milk
<b>Week 3 Continued</b>	<b>14 allergens listed under FSA:</b>
	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,
<b>SECONDARY MENU</b>	Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,
	Sulphur Dioxide/Sulphites
<b>Friday</b>	
Battered Fish with Chips & Peas	Fish, Gluten, Milk, Mustard
Homemade Pizza (v)	Eggs, Gluten, Milk, Soya
<b>OTHER ITEMS</b>	
Vegan 3 Been Chilli with Rice	NONE
Pasta Spirals	Gluten
Breaded Chicken Bites, BBQ Sauce	Gluten, Eggs
<b>DESSERTS</b>	
Cheese & Crackers	Milk, Gluten
Cook's Fruit Muffin	Eggs, Gluten, Sulphur Dioxide (milk)
Chocolate Surprise Cake	Eggs, Gluten, Milk
Fresh Fruit Salad with Ice Cream	Milk
Artic Roll & Melon Balls	Egg, Gluten, Milk Soybeans
Fruit Yoghurt with Fruist Salad	Milk
Choc Cookie	Eggs, Gluten, Milk, Sulphur Dioxide
Oaty Cookie	Eggs, Gluten, Milk, Sulphur diocide
Iced Lemon Cake	Eggs, Gluten, Milk
Vanilla Raspberry Ripple Ice Cream	Milk
GF Donut	Eggs, Milk, Soybeans
Orange Jelly with Peaches or Manadarins	NONE
Shortbread Biscuit	Egg,s Gluten, Milk, Soybeans
Cook's Fruit Muffin	Eggs, Gluten, Sulphur Dioxide (milk)
<b>Previous Desserts:</b>	
Apple Strudel	Gluten, Milk
Chocolate & Pear Pyramid Cake	Eggs, Gluten, Milk
Scotch Pancake with Banana & Toffee	Eggs, Gluten, Milk
Coconut & Lime Cheesecake	Milk, Sulhur dioxide, Gluten
Chocolate Orange Mousse Pot	Milk
Sticky Toffee Pudding	Eggs, Gluten, Milk, Sulphur Dioxide
Flapjack	Eggs, Gluten, Milk, Soybeans
Blueberry Cake	Eggs, Gluten, Milk, Soybeans
Warm Oaty Apple Crumber	Gluten, Milk, Soya
Apple Crumble Custard Pot	Gluten, Milk, Soya
Homemade Gingerbread Biscuit	Eggs, Gluten, Milk
Carrot Cake with Frosting	Celery, Eggs, Gluten, Milk, Mustard, Soya
Raspberry Ripple Mousse	Milk
	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds, Fish, Celery, Mustard
	Soya, Lupin, Crustaceans, Molluscs, Sulphur Dioxide/Sulphites
Duchess Potatoes	Milk, Wheat, Celery, Soya Derivatives, Sulphites
Hash Browns	None
Chicken Breast Steak Breaded Red Tractor	Gluten, Sulphur Dioxide/Sulphites
Jacket Potato (none)	None
Fillings Cheese	Milk, Egg
Coleslaw	Milk
Baked Beans	None
Cheese Grated YPO	Milk
Cheese Grated Fresh Pastures	Milk
Diced chicken breast	None
Beefburger	Soyabeans, Wheat
Quorn Burger	Eggs, Milk, Wheat
McCains Veggie Burgers	Milk, Wheat, Mustard
Beef Burger	None
Cheeseburger on Brioche Bun	Gluten, Eggs, Milk, Sesame Seeds, Soybeans
Casserole mixed vegetables	Celery
Cheese Grated Fresh Pastures	Milk
Cheese & Tomato Pizza	Milk, Egg, Wheat, Soyabeans
Cheese & Tomato Pizzas 7 x 9 inches x 6	Milk, Wheat
Pizza Dr Oetker Cheese Chicago Town	Milk, Wheat
Pizza Dr Oetker Pepperoni Chicago Town	Milk, Wheat
Pizza Cheese/Tomato McCains Multi Serve	Milk, Wheat, Celery
Multi Serve Cheese & Tomato 1 x 12	Wheat, Celery, Milk
Pizza Chicago Ham & Cheese	Milk, Wheat
Pizza Chicago Cheese Filled Crust	Milk, Wheat
Calzone	Wheat, Milk, Celery, Lupin, soybeans, Mustard, Sesame Seeds

	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds, Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,
	Sulphur Dioxide/Sulphites
Pepperoni Pizza Topping	None
McCain Simple Wedges	None
Plain Burger Bun	Wheat, SD/Sulphites
Baguette part baked small	Milk, Wheat/Maize, Sesame Seeds
Baguette part baked large	Milk, Wheat, Sesame Seeds
Chicken Burger	Wheat
Fish Fillet	Wheat, Fish, Mustard
Bacon	None
Pasta Salad	Wheat
Curry Sauce Homemade	Milk, Egg, Wheat, Celery, Mustard, Soyabeans, Sulphites
Curry Sauce	Milk, Wheat, Celery
Garlic Bread	Milk, Egg, Wheat, Soya/Derivatives
Naan Bread	Milk, Egg, Wheat
Panini 8"	Milk, Wheat, Sesame Seeds
Dried Fruit Pack	Sulphites
Cheese & Onion Pasty	Milk, Wheat, Celery, Mustard, Soya/Derivatives
Meat & Potato Pie handled in factory with nuts	Milk, Nuts, Wheat, Soya/Derivatives
Sausage Roll Premium 8 inch	Milk, Wheat, Sulphur Dioxides
Honey	None
Coconut Milk	Sulphites
Crumpets CHALKERS	Milk, Wheat
Oven Bottom Muffins Morris	Wheat, Soya
Breadcakes/ Brown/ Large	Wheat, Soya
Breadcakes/ White/ Large	Wheat, Soya
Staffordshire Oatcakes	Milk, Wheat
YPO 659339 - Knorr Thai Green Curry Paste 1.1kg	Fish
Chefs Pass Beef BouillonGluten Free	None
Frozen Jubbly	None
	14 allergens listed under FSA:
<b>OTHER ITEMS</b>	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds, Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,
	Sulphur Dioxide/Sulphites
Roberts Brown Baps x 12	Wheat, Soya
Roberts Burger Bun Sliced x 6	Wheat, Sesame Seeds, Soya
Roberts Brown Med Bread x 800g	Wheat, Soya
Roberts Fruit Teacake x 4	Wheat Soya
Roberts Malted Wheatgerm Bread 800g	Wheat, Soya
Roberts Med Wholegrain Bread 800g	Wheat, Soya
Roberts Oatmeal Med Bread 800g	Wheat, Soya
Roberts Softgrain Med 800g	Wheat, Soya
Roberts White Baps x 12	Wheat, Soya
Roberts White Floury Bap x 12	Wheat, Soya
Roberts White Thick Bread 800g	Wheat, Soya
Roberts Softgrain Thick 800g	Wheat, Rye, Soya
Roberts Thick wholemeal Bread 800g	Wheat, Soya
Brown Baps	Wheat, Soya
Finger Rolls White	Wheat, Soya
Bagels	Wheat, Milk, Sesame Seeds

<b>OTHER ITEMS</b>	<b>14 allergens listed under FSA:</b>
	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,
<b>Smartfood (on separate A4 Sheet to display near to the server)</b>	Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,
<b>Tasties Products (not all schools purchase - on separate A4 Sheets)</b>	Sulphur Dioxide/Sulphites
<b>Theos:-</b>	
Tortillas Santa Maria 8" 10 x 10	Wheat
Mazhar Folded Naan	Milk, Wheat
Kara MK5 Bap	Wheat, Sesame Seeds
White Khobez 8"	Wheat
Southern Fried Mini Chicken Fillets	Wheat, Celery, Mustard
Southern Style Popcorn Chicken	Milk, Egg, Wheat, Celery, Mustard, Soya
<b>Theos Marinated Sauces:-</b>	
Theos Plain Sauce	Soya
Theos Original Sauce	Soya
Theos Tikka Sauce	Celery, Soya
Theos Tandoori Sauce	Celery, Soya
Theos Piri Piri Sauce	Soya
Theos Cajun Sauce	Celery, Soya
Theos Sweet Med Sauce	Soya
Theos Red Tikka Sauce	Celery, Soya
Theos Tikka NC Sauce	Celery, Soya
Theos Tandoori NC Sauce	Celery, Soya
Theos Mexican Sauce	Soya
Theos Chinese Sauce	Soya
Theos BBQ Sauce	Soya
Theos Jerk Sauce	Soya
Theos Hot & Spicy Sauce	Soya
Theos Southern Style Sauce	Soya
Theos Balti Sauce	Soya
Theos Garlic & Herb Sauce	Soya
Theos Korma Sauce	Milk, Soya
Theos Sweet Thai Sauce	Soya
Theos Tikka Masala Sauce	Milk, Soya
Theos Cream Tom & Pesto Sauce	Milk, Soya
Theos Gyro Sauce	Milk, Mustard, Soya
Theos Afelia Sauce	Soya
Theos Tzaziki Sauce	Milk
Theos Smokey Chipotle Sauce	soya
Theos Turkey Meat Sauce	Celery, Soya
<b>Ketchup (none) THEOS TABLE SAUCES</b>	<b>None</b>
Extra Hot Stuff	Sulphur Dioxide
Hot Stuff	Sulphur Dioxide
Sour Cream & Chives (none)	None
Spicy Mayo (none)	None
Oil Blend (none)	None
Mint Sauce (none)	None
Garlic Mayo	Egg
	<b>14 allergens listed under FSA:</b>
	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,
	Fish, Celery, Mustard, Soya, Lupin, Crustaceans, Molluscs,
<b>OTHER ITEMS</b>	<b>Sulphur Dioxide/Sulphites</b>
<b>Theos Table Sauces Contd:-</b>	
Ranch Dressing	Milk, Egg
Thai Style (none)	None
Burger Sauce	Egg, Mustard
Hot Stuff	Sulphur Dioxide
Extra Hot Chilli Sauce	Sulphur Dioxide
Mayonnaise	Egg
Piri Piri (none)	None
Spicy Mayonnaise	Egg
Sweet Chilli (none)	None
Tomato Ketchup (none)	None
Sour Cream & Chives	Milk, Egg
Jerk BBQ (none)	None
Burger Mustard-American Style Mustard	Mustard
Sweet Curry	Wheat, Mustard
Premium Tomato Ketchup (none)	None
Super Chilli Mayonnaise	Sulphur Dioxide
Burger Relish	Mustard
Spicy Mayonnaise	Egg, Sulphur Dioxide
Tamarind (none)	None
Chilli Garlic (none)	None
Brown Sauce	Wheat, Soya, Sulphur Dioxide
Heera Bang Bang Chilli	Mustard

Light Mayonnaise	Egg
Yoghurt & Mint	Milk, Egg
Yoghurt & Dill	Milk, Egg
Brazilian BBQ	Sulphur Dioxide
<b>POULTRY</b>	
Marinated Chicken (original)	Soya
Pira Pira Chicken	Soya
Cajun Chicken	Soya, Celery
Sweet Med Chicken	Soya
Tikka Natural Chicken	Soya, Celery
Tandoori Chicken	Celery, soya
Mexican Chicken	Soya
Chinese Chicken	Soya
Soya Chicken	Soya
BBQ Chicken	Soya
Jerk Chicken	Soya
Hot & Spicy Chicken	Soya
Southern Style Chicken	Wheat, Soya
Balti Chicken	Soya
UB Tikka Chicken	Milk, Soya
Tonia Buxtons Chicken	Milk, Celery, Soya
Red Tikka Chicken	Celery, Soya
	<b>14 allergens listed under FSA:</b>
<b>Page 8 Chicken Joe Products</b>	Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds, Fish, Celery, Mustard
<b>Drumettes</b>	Soya, Lupin, Sulphur Dioxide/Sulphites
BBQ Flavour Fresh Red Tractor Chicken Drumettes	None
Chipotle Flavour Fresh Red Tractor Chicken Drumettes	None
Lemon & Herb Flavour Fresh Red Tractor Chicken Drumettes	None
Peri Peri Flavour Fresh Red Tractor Chicken Drumettes	Soya
Piri Piri Flavour Fresh Red Tractor Chicken Drumettes	None
Plain Fresh Red Tractor Chicken Drumettes	None
Tikka Flavour Fresh Red Tractor Chicken Drumettes	Milk, Mustard
Yellow Thai Flavour Fresh Red Tractor Chicken Drumettes	None
<b>Mini Skewers</b>	
Mini Sweet Curry Flavour Red Tractor Chicken Skewers (oven bag)	Milk, Celery, Mustard
Mini Reggae Flavour Red Tractor Chicken Skewers (oven bag)	Wheat
Mini Yellow Thai Flavour Red Tractor (oven bag)	None
Mini BBQ Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Brazilian Curry Flavour Red Tractor chicken Skewers (oven bag)	None
Mini Chinese Plum Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Chipotle Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Hot n Spicy Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Joes Peri Peri Flavour Red Tractor Chicken Skewers (oven bag)	Soya
Mini Maple & Sweet Chilli Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Mediterranean Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Piri Piri Flavour Red Tractor Chicken Skewers (oven bag)	None
Mini Plain Red Tractor Chicken Skewers (oven bag)	None
Mini Tikka Flavour Red Tractor Chicken Skewers (oven bag)	Milk, Mustard
Mini Natural Tandoori Flavour Red Tractor Chicken Skewers (oven bag)	None
<b>Sauces 1 litre</b>	
Chicken Joes Sour Cream Sauce	Egg, Milk
Crucial That Sweet Chilli Sauce	None
Lite mayonnaise	Egg
Love Joes BBQ Sauce	None
Love Joes Chilli Sauce (hot stuff)	None
Love Joes Real Smooth Mayonnaise	Egg
Love Joes Sweet Chilli Sauce	None
Love Joes Garlic Mayonnaise	Egg
Love Joes Peri Peri Sauce	None
Love Joes Mint & Yoghurt Dressing	Egg, Milk
Love Joes Tomato Ketchup	None
<b>Chicken Popems/Halal</b>	
Red Tractor Chicken Popems	Soya
<b>Sauces</b>	
Frozen Popems Italian Tomato Sauce 2.5kg	None
Frozen Popems Nice & Spicy Sauce 2.5kg	None
Frozen Popems Sweet & Sour Sauce 2.5kg	None
Frozen 8" Kiln Fired Flat Bread Panniette frozen 20 x 5	Wheat
Frozen Love Joes 10" Kiln Fired Flat Bread 18 x 5 (90)	Wheat

<b>PLEASE SEE ADDITIONAL SHEET FOR STRETEAT PRODUCTS</b>	<b>14 allergens listed under FSA:</b>
<b>FOR ALL SECONDARIES EXCEPT DE LA SALLE &amp; COWLEY</b>	<b>Milk, Egg, Peanut, Tree Nuts, Cereals, Sesame Seeds,</b>
<b>Page 9</b>	<b>Fish, Celery, Mustard, Soya, Lupin,</b>
	<b>Sulphur Dioxide/Sulphites</b>
<b>Brioche Bun</b>	<b>Egg, Milk, Sesame Seeds, Wheat</b>
<b>Glazed Bun 4.5"</b>	<b>Wheat, Sesame Seeds</b>
<b>Planete Pain Hinge Bar Marked Panini 110g</b>	<b>Sesame Seeds, Wheat</b>
<b>Lantmannen Small Grill Marked Panini 8" 40x107g</b>	<b>Milk, Sesame Seeds, Wheat</b>
<b>Fresh Pastures:-</b>	
<b>Tea Cakes</b>	<b>Wheat</b>
<b>Medium White Bread</b>	<b>Wheat, Soya</b>
<b>Thick White Bread</b>	<b>Wheat, Soya</b>
<b>Medium Wholemeal</b>	<b>Wheat, Soya</b>
<b>Finger Rolls</b>	<b>Wheat</b>
<b>Crumpets</b>	<b>Wheat</b>
<b>Semi Skimmed Milk</b>	<b>v Milk</b>
<b>Whole Milk</b>	<b>v Milk</b>
<b>Eggs</b>	<b>Egg</b>
<b>Soya Milk</b>	<b>Milk, Soya</b>
<b>Old El Paso Taco Shells 5W</b>	<b>Wheat</b>
<b>Santa Maria Tortilla chips</b>	<b>Wheat</b>
<b>Sharwoods Prawn Crackers (TRACE OF NUTS ONLY USED THEME DAY)</b>	<b>Egg, Milk, Sesame Seeds, Wheat, Fish, Celery, NUTS</b>
<b>Sugar Free Raisin cookies (diabetics)</b>	<b>Milk, Egg, Wheat, Soya/Soya Derivatives, Sulphites</b>
<b>Jelly Squeeze (Strawberry &amp; Orange)</b>	<b>None</b>
<b>Gluten free pizza &amp; bread mix 3kg</b>	<b>Maize</b>
<b>Gluten Free Middletons Pizza &amp; Bread Mix 3kg</b>	<b>Maize</b>
<b>Gluten Free Middletons Plain Muffin Mix</b>	<b>Maize</b>
<b>Gluten Free Middletons Choc Fudge Brownie</b>	<b>Maize, Milk</b>
<b>Gluten Free Middletons Choc Muffin Mix</b>	<b>Maize, Milk</b>
<b>Gluten Free Middletons Plain Cookie Mix</b>	<b>Maize</b>
<b>Gluten Free Middletons Choc Cookie Mix</b>	<b>Maize, Milk</b>
<b>Hopwells Free From 10" Tortillas 1 x 6 Gluten, Dairy, Free</b>	<b>None</b>
<b>Review Date: November 2019</b>	