

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 5 April - May 2026

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
Salmon / 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	
WALK TO SCHOOL WEEK - THEME DAY – THUR 21 ST MAY			
Meal choice	Meal description	Allergens	
Red option	<i>Super Charged sausage roll, sweet potato chips & baked beans</i>	GLUTEN (sausage meat, pastry) ** May contain LUPIN, SOYA, MUSTARD (pastry)	SULPHITES (sausage meat)
Green option	<i>Energy Boosting pasta (VG)</i>	GLUTEN (pasta)	
Blue option	<i>The Mighty Jacket potato with beans (VG)</i>	None	
Yellow option	<i>Protein Power egg mayonnaise wrap (V)</i>	GLUTEN (wrap)	EGG (egg)
Dessert	<i>Fuel up flapjack with chocolate drizzle (VG) OR</i>	GLUTEN (oats)	
	<i>Nutritious & vitamin packed fruit salad (VG)</i>	None	

** Can be GLUTEN FREE by swapping for a Gluten free sausage in replacement of the sausage roll

Week A

Monday		
Meal choice	Meal description	Allergens
Red option	Spring vegetable wellington with new potatoes (VG)	GLUTEN, May contain LUPIN, SOYA, MUSTARD (pastry)
Green option	Cheese & tomato pizza with mixed salad (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats) MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Mexican beef tortilla bake	GLUTEN (wrap), MILK (cheese)
Green option	Pesto Pasta (VG)	GLUTEN (pasta)
Dessert	Ginger crunch cookie (VG)	GLUTEN (flour), May contain SOYA (flour)

Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast Chicken, Yorkshire pudding, seasonal vegetables, roast potatoes & optional gravy	GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding) *
Green option	Cauliflower cheese with a crunchy crumb, roast potatoes & Yorkshire pudding (V)	MILK (Yorkshire, sauce & cheese), GLUTEN (sauce, crumb, Yorkshire), EGG (Yorkshire) May contain SOYA (Yorkshire & sauce)
Dessert	Jelly (VG)	None

Thursday		
Meal choice	Meal description	Allergens
Red option	Pepperoni pasta	GLUTEN (pasta)
Green option	Roasted vegetable & bean burrito (VG)	GLUTEN (tortilla wrap)
Dessert	Lemon drizzle cake (V)	GLUTEN (flour), EGG (egg), May contain SOYA (flour)

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 Gluten, milk and egg allergy free by removing the Yorkshire pudding - extra veg & potatoes to be provided in replacement

Week B

Monday		
Meal choice	Meal description	Allergens
Red option	Loaded sweet potato wedges (V)	MILK (cheese)
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats) MILK (yoghurt)

Tuesday		
Meal choice	Meal description	Allergens
Red option	Country chicken pie	None
Green option	Macaroni cheese (V)	GLUTEN (pasta & bechamel sauce) MILK (cheese & bechamel sauce), May contain SOYA (bechamel sauce)
Dessert	Fruity shortbread (VG)	GLUTEN (flour), May contain SOYA (flour)

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

Thursday		
Meal choice	Meal description	Allergens
Red option	Katsu chicken curry with rice	None
Green option	Cheese & sweetcorn pinwheels with diced potatoes (V)	MILK (cheese) GLUTEN (pastry), May contain LUPIN, SOYA, MUSTARD (pastry)
Dessert	Chocolate & beetroot brownie (VG)	GLUTEN (flour), May contain SOYA (flour)

Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	GLUTEN (breadcrumbs) FISH (fish)
Green option	Veggie burger and chips (VG)	None
Dessert	A Selection of Home Baking (V)	GLUTEN (flour), EGG (egg) May contain SOYA

*Can be GF without Yorkshire pudding and replacing with GF sausage, served with additional veg & potatoes

** Can be GF & VEGAN without Yorkshire pudding, served with additional potatoes and veg. – THIS IS NOT ABLE TO BE SOYA FREE

Week C

Monday		
Meal choice	Meal description	Allergens
Red option	Vegetable jambalaya (VG)	None
Green option	Cheese & tomato pizza (V)	GLUTEN (pizza base) MILK (cheese) May contain SOYA (flour)
Dessert	Yoghurt with a choice of toppings (V)	GLUTEN (oats) MILK (yoghurt)
Tuesday		
Meal choice	Meal description	Allergens
Red option	Hot honey chicken with rice	SOYA (soy sauce)
Green option	Veggie bolognese (VG)	GLUTEN (spaghetti) SOYA (mince)
Dessert	Oaty cookie (VG)	GLUTEN (oats & flour), May contain SOYA (flour)
Wednesday		
Meal choice	Meal description	Allergens
Red option	Roast Chicken, Yorkshire pudding, seasonal vegetables, roast potatoes & optional gravy	GLUTEN, MILK, EGG, May contain SOYA (Yorkshire pudding)*
Green option	Bubble and squeak burger with Yorkshire pudding (V)	GLUTEN, May contain SOYA (Yorkshire pudding)** MILK, EGG, (Yorkshire pudding)**
Dessert	Jelly (VG)	None
Thursday		
Meal choice	Meal description	Allergens
Red option	Sausage plait (Pork), baked beans and new potatoes	GLUTEN (sausage meat, pastry) *** SULPHITES (sausage meat) May contain LUPIN, SOYA, MUSTARD (pastry)
Green option	Vegetable Biryani (VG)	None
Dessert	Blueberry tray bake (V)	GLUTEN (Flour), EGG (Egg), May contain SOYA (flour)
Friday		
Meal choice	Meal description	Allergens
Red option	Breaded fish and chips	GLUTEN (breadcrumbs) FISH (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- extra veg & potatoes to be provided in replacement

** This option can be provided Gluten free & VEGAN by removing the Yorkshire pudding- extra veg to be provided in replacement

** Can be GLUTEN FREE by swapping for a Gluten free sausage in replacement of the sausage plait

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.