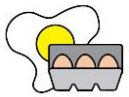
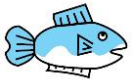
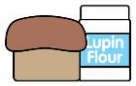
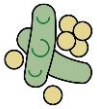
DISHES AND THEIR ALLERGEN CONTENT – Fresh Start Catering LTD WEEK A term 2 2026

Key **Y = Contains** **M= May contain**

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
50/50 Bread		Y											M	
Sweet potato,coconut and red pepper curry and rice														
Cheese and tomato Pizza		Y					Y						M	
Fruit salad with berry drizzle														
Sausage plait, new potatoes and Gravy		Y				M			M				M	Y
Veggie chilli and rice														
Strawberry Jelly														
Chicken, roast potatoes Yorkshire pudding		Y		Y			Y							
Cowboy Pie with Roast potatoes		Y				M			M				Y	
Yoghurt							Y							

Mild Beef Chilli and Rice														
Meatless meatballs and rice													Y	
Jelly and peaches														
Breaded fish fingers and chips		Y			Y									
Falafel burger and chips														
Banana Bread cookie	Y												M	
Pasta and Italian tomato sauce	Y													
Jacket potato with beans and cheese							Y							

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26/10/26

Reviewed by: Kate Quist

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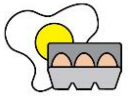
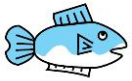
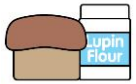
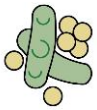
DISHES AND THEIR ALLERGEN CONTENT – Fresh Start Catering Ltd WEEK B term 2 2026

Key Y = Contains M = May contain

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
50/50 Bread		Y											M	
Singapore style veggie noodles													Y	
Cheese and tomato Pizza		Y					Y						M	
Fruit salad with berry drizzle														
Salmon Fishcake					Y									
Macaroni Cheese		Y					Y						M	
Raspberry Jelly														
Chicken, roast potatoes and Yorkshire pudding		Y		Y			Y							
Veggie Cobbler with roast potatoes		Y											M	

Yoghurt							Y							
Spaghetti Bolognese		Y												
Meat free Bolognese		Y											Y	
Orange jelly with orange wedges														
Battered fish and chips		Y			Y									
Veggie sausage and chips													Y	
Chocolate and courgette cookies		Y											M	
Jacket potato with beans and cheese							Y							
Pasta with an Italian tomato sauce		Y												

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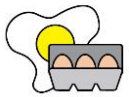
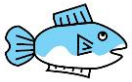
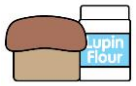
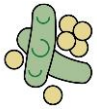
DISHES AND THEIR ALLERGEN CONTENT – Fresh Start Catering LTD WEEK C term 2 2026

Key **Y = Contains** **M= May contain**

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
50/50 Bread		Y											M	
Vegetable Biryani														
Cheese and tomato Pizza		Y					Y						M	
Fruit salad with berry drizzle														
Cajun chicken Rice														
Cheese onion and sweetcorn puff		Y				M	Y		M				M	
Strawberry Jelly														
Toad in the hole, roast potatoes Yorkshire pudding		Y		Y			Y							Y
Veggie toad in the hole		Y		Y			Y						Y	
Yoghurt							Y							

Beef tortilla Bake		**Y**					**Y**							
Pesto Pasta		**Y**												
Orange jelly and peaches														
Breaded fish fingers and chips		**Y**			**Y**									
Bean burger and chips														
Chocolate and beetroot brownie		**Y**											**M**	
Jacket potato with beans and cheese							**Y**							
Pasta with an Italian tomato sauce		**Y**												

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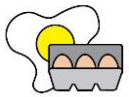
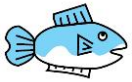
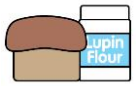
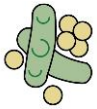
DISHES AND THEIR ALLERGEN CONTENT – Fresh Start Catering LTD DELI

Key **Y = Contains** **M= May contain**

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
White sliced bread		Y											Y	
Wholemeal sliced bread		Y											Y	
Baguette		Y										M		
Wrap		Y												
Bap		Y										M		
Egg Mayonnaise				Y										
Tuna Mayonnaise					Y									
Cheddar Cheese							Y							
Ham														
Gluten Free Bread roll				Y										

Gluten free Wrap									**M**					
Violife vegan cheese														

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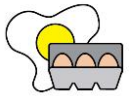
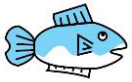
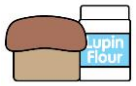
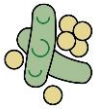
DISHES AND THEIR ALLERGEN CONTENT – Fresh Start Catering LTD Christmas Dinner

Key **Y = Contains** **M= May contain**

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Roast chicken														
Roast potatoes														
Stuffing bites		**Y**												**Y**
Carrots, peas, brussels														
Vegetable wellington		**Y**				**M**			**M**				**M**	
Chocolate sprinkle cookie		**Y**											**M**	

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