

The Blue School

This booklet is to be used in conjunction with the Primary School menus dated from the 1st September – 18th December 2026 for meals provided by the Blue School, Wells only.

From time-to-time ingredients will change due to unavailability from suppliers, when this occurs, separate labels will be issued for that day.

Please be aware that some allergens marked in the boxes are not due to ingredients within but where they are manufactured next to other ingredients that may cause allergic reactions.

We take every care to prevent cross-contamination of foods that can cause allergic reactions, but cannot guarantee.

Primary Schools Allergen Information on Meals

Roast Turkey,

Ingredients
Turkey

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Roast Pork,

Ingredients
Pork

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Ham

Ingredients
Ham (Pork)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Roast Potatoes

Ingredients

Potato (97%), Sunflower Oil, Rice Flour, Potato Starch, Dextrin, Salt, Dextrose, Turmeric.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Mashed Potatoes

Ingredients

Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

*** MAY CONTAIN**

Potato Wedges

Ingredients

Potatoes, Sunflower Oil.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Peas

Ingredients
Peas

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Carrots

Ingredients
Carrots

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Swede

Ingredients
Swede

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Sweet Corn

Ingredients
Sweetcorn, Water

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Gravy

Ingredients
Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Baked Beans Ingredients

Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Fish Finger Ingredients

Minced **FISH** (Cod (Gadus morhua), Alaska pollack (Theragra chalcogramma)) in varying proportions, **WHEAT** flour, water, rapeseed oil, wheat starch, yeast, salt, stabilizer (E464), vegetable fibre, turmeric, paprika, stabiliser (E 461)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat			X			
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Battered Fish Ingredients

MSC Pollock (**FISH**) (50%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; **WHEAT** Starch, Dextrose, Yeast Extract, Stabiliser: Xanthan Gum.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat			X			
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Veggie Burger/Grill

Ingredients

Carrot (14%), Crumb (**Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Yeast, Dextrose, Salt, Paprika, Turmeric), Onion (11%), Peas (11%), Sweetcorn (11%), Water, Dried Potato, **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Rapeseed Oil, Potato Starch, Salt, Sugar, Yeast Extract, Onion Powder, White Pepper, Turmeric.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Macaroni Cheese

Ingredients

100% Durum **Wheat** Pasta, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, Flour (**WHEAT**), **Milk**, Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Vegetable Sausage

Ingredients

Rice (23%), Onion (17%), Water, Carrot (13%), Broccoli (12%), Potato Flakes, **WHEAT** Flour, Potato Starch, Salt, Yeast Extract, Onion Powder, Parsley, Sugar, Vegetable Stock [Maltodextrin, Salt, Vegetable Powders (Onion, Carrot, Tomato, Garlic), Corn Starch, Sugar, Yeast Extract, Spice Extracts (Pepper, Turmeric), Sunflower Oil, Parsley, Colour: Plain Caramel, Flavourings], Garlic, Nutmeg Powder.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Cauliflower Cheese

Ingredients

Cauliflower, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, Flour (**WHEAT**), Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Tomato and Cheese Pasta Bake Ingredients

Durum **WHEAT** Semolina, Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator: Citric Acid. Tomato Puree (98%), Salt, Oregano Flavouring, Acidity Regulator: Citric Acid, Sugar, Sunflower Oil, Dried Oregano, Natural Pepper Flavouring, Dehydrated Onion, Natural Flavouring, Garlic Powder. Rehydrated Garlic (98%), Acidity Regulator: Citric Acid. Marjoram, Thyme, Parsley, Basil, Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat					X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites

Sausage Roll Ingredients

WHEAT Flour, Water, Pork (17%), Vegetable Fat – Non-Hydrogenated (Contains Rapeseed Oil, Palm Oil, Palm Oil Fractions, Coconut Oil, Water, Salt, Emulsifier E471, Colours E100, E160b(i), Citric Acid), Breadcrumb (contains **WHEAT** flour, Yeast, Salt.), Pork Fat, Seasoning (Contains Salt, Flavour Enhancer E621, Sugar, Stabilisers E450i and E451i, Preservatives E221 **SULPHITE** and E223 **SULPHITE**, Pepper, Rusk (Contains **WHEAT** Flour), Salt, Rising Agent E503i, Onion Powder, Mace, Spices, Anti-Oxidant E301, Dextrose, Herbs, Spice Extract, Rapeseed Oil, Natural Flavourings, Colour E120, Propylene Glycol.), Vegetable Starch, **SOYA** Flour (Contains **SOYA** Protein, Guar Gum), Salt.
Glaze Water, **MILK** Proteins, Modified Starch, Vegetable Oil, Emulsifiers E322 (**SOYA** Lecithin), E471, Acidity Regulator E339, Colour E160a.

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat		*			X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
		X		*	*	X

* MAY CONTAIN

Vegetable Sausage Roll

Ingredients

Water, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat Spread (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Mono-and Diglycerides of Fatty Acids), **Soya** Protein Concentrate (5%), Sage and Onion Stuffing (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Onion, Salt, Sage, Vegetable Oils (Palm, Sunflower), Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate; Parsley, **Barley** Malt Extract), Sunflower Oil, Modified Maize Starch, Stabiliser: Methylcellulose; Salt, Seasoning (Concentrated Vegetable Juice (Mushroom, Onion), Salt, Rapeseed Oil, Water, Mushroom Powder, Sugar, Cornflour), Dehydrated Onion, White Pepper, Dried Sage, Nutmeg, Ground Cayenne pepper.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT BARLEY OATS*						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

RICE

Ingredients

Rice

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Sausage Ingredients

Pork, plain Seasoning, salt, **WHEAT** flour (calcium carbonate, iron, niacin, thiamine) spices emulsifier (E450c), SODIUM **SULPHITE** (E221), antioxidants (E300,E330), spice extracts, herb extracts, **CELERY** extracts, **SOY** GS90 isolate, Rusk (**GLUTEN**, Flour, salt (E535) Raising agent (E503-ii), water

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X		X		X

Vegetable Nuggets Ingredients

Vegetables (44%) (In varying proportions: Carrot, Onion, Sweetcorn, Broccoli, Red Pepper), Breadcrumb (14%) (Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Salt, **WHEAT** Dextrose, **WHEAT Gluten**, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Water, Yeast, Sunflower Oil, Flour Treatment Agents (Ascorbic Acid, L-cysteine Hydrochloride), Acidity Regulator (Acetic Acid)), Water, Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Dehydrated Potato, Rapeseed Oil, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Chinese Chicken and Vegetable Curry

Ingredients

Chicken, Carrots (48%), Peas (30%), Cut green beans (9%), Broad Beans (7%), Sweetcorn (6%). **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)], Vegetable Oils [Palm, Rapeseed], Curry Powder [Coriander, Turmeric, **MUSTARD**, Bengal Gram Farina, Cumin, Chillies, Fenugreek, Black Pepper, Garlic, Fennel, Poppy Seeds], Sugar, Salt, Flavour Enhancer E621, Tomato Purée, Spices.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
X*	X *		X *		X	

*** MAY CONTAIN**

Chinese Vegetable Curry

Ingredients

Carrots (48%), Peas (30%), Cut green beans (9%), Broad Beans (7%), Sweetcorn (6%). **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)], Vegetable Oils [Palm, Rapeseed], Curry Powder [Coriander, Turmeric, **MUSTARD**, Bengal Gram Farina, Cumin, Chillies, Fenugreek, Black Pepper, Garlic, Fennel, Poppy Seeds], Sugar, Salt, Flavour Enhancer E621, Tomato Purée, Spices.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
X *	X *		X *		X	

*** MAY CONTAIN**

Wholegrain Chicken, Tomato & Cheese Pasta Bake

Ingredients

100% Durum **WHEAT** Pasta, Chicken, crushed tomatoes, starch, sugar, salt, oregano, black pepper, sunflower oil, citric acid, Garlic, acidity regulator, tomatoes, tomato juice, citric acid, mixed herbs, Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Pasta Bolognese

Ingredients

Beef mince, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Red Split Lentils, Durum **WHEAT** Semolina, With Cheese Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat					X (If Cheese Added)	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Cottage Pie topped with Cheese Ingredients

Mince Beef, red lentils mixed vegetables (Carrots (48%), Peas (30%), Green Beans (9%), Broad Beans (7%), Sweetcorn (6%)), onions, Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage, Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper. Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Veggie Cottage Pie (Topped with Cheese) Ingredients

Rehydrated Textured **SOYA** Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].red lentils mixed vegetables (Carrots (48%), Peas (30%), Green Beans (9%), Broad Beans (7%), Sweetcorn (6%)), onions, Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage, Potato (91%), Whole **MILK** (7%), Unsalted Butter (**MILK**) (2%), Salt, Pepper. Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Lasagne Ingredients

Beef mince, Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Red Split Lentils, Durum **WHEAT** Semolina, Flour, Margarine - vegetable oils, water, salt, emulsifiers, (mono-and di-glycerides of fatty acids) colours, (annatto bixin, curcumin) flavouring, **MILK**, Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Roasted Vegetable Lasagne Ingredients

Tomatoes (35%), Courgettes (20%), Aubergines (20%), Peppers (15%), Onions (10%). Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Red Split Lentils, Durum **WHEAT** Semolina, Flour, Margarine - vegetable oils, water, salt, emulsifiers, (mono-and di-glycerides of fatty acids) colours, (annatto bixin, curcumin) flavouring, **MILK**, Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Chicken & Vegetable Stir-fry Ingredients

Chicken, **WHEAT** Flour (**WHEAT** Flour with Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Pasteurised Free Range **EGG** (5%), Salt, Colours (Carotenes), Firming Agent (Potassium Carbonate, Sodium Carbonate) Acidity Regulator (Citric Acid). Beansprouts, Onions, Peppers, Rapeseed oil, Peas, **SOY**sauce water, salt, Colour E150a, Sugar, **SOYBEANS** (10%), **WHEAT** flour.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Vegetable Stir-fry Ingredients

WHEAT Flour (**WHEAT** Flour with Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Pasteurised Free Range **EGG** (5%), Salt, Colours (Carotenes), Firming Agent (Potassium Carbonate, Sodium Carbonate) Acidity Regulator (Citric Acid). Beansprouts, Onions, Peppers, Rapeseed oil, Peas, **soy** sauce water, salt, Colour E150a, Sugar, **SOYBEANS** (10%), **WHEAT** flour.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Ham Pizza Ingredients

Ham (EU Pork (85%), Water, Salt, Stabilisers (E451, E450, E452), Antioxidant (E301), Preservatives (E250, E251).), **WHEAT** Flour (76%) (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Pre-mix [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast, Rapeseed Oil. Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Cheese Pizza Ingredients

WHEAT Flour (76%) (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Pre-mix [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Flour Treatment Agent: Ascorbic Acid], Yeast, Rapeseed Oil. Tomatoes (98%), Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity Regulator (Citric Acid) Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
WHEAT					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Garlic Bread Ingredients

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta Carotene)], Garlic Purée (3.0%), Salt, Yeast, Parsley, Marjoram, Sage, Oregano, Flour Treatment Agent (Ascorbic Acid), **WHEAT** Flour.

Commented [LW1]:

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat *Barley* RYE*OATS					X*	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
		X*				

*** MAY CONTAIN**

Bread served with lunch

Ingredients

Wheat flour, water, yeast, salt, gluten, anti-oxidant e300, enzymes

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat						
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites

Butter

Ingredients

Butter & added salt

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
					X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites

Jacket Potato

Ingredients

Potato

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Tuna Mayonnaise (not on menu – just in case?)

Ingredients

Tuna (**FISH**) chunks, water and salt,

Mayonnaise – Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised

Egg Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum),

Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Colour (Beta Carotene)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
		X	X			
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

*** MAY CONTAIN**

Cheese

Ingredients

Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking

Agent: Potato Starch.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Egg Mayonnaise

Ingredients

Egg, Mayonnaise – Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised **Egg** Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Colour (Beta Carotene)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Boiled Egg

Ingredients

Egg

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Chicken

Ingredients

Chicken

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Salad Cream Sachet

Ingredients

Water, Rapeseed Oil, Spirit Vinegar, Sugar, **EGG** Yolk, Modified Potato Starch, **MUSTARD** (Spirit Vinegar, Water, **MUSTARD** Flour, Salt, Turmeric, Stabiliser(Xanthan Gum), Garlic Powder), Salt, **MUSTARD** Flour, Stabilisers(Xanthan Gum, Guar Gum), Preservative(Potassium Sorbate).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
					X	

Sandwich Bread & Spread Used

Bread – Malted Bloomer

Ingredients

WHEAT Flour (with calcium, iron, niacin (B3) and thiamin (B1)), Water, Malted **WHEAT** Flakes (6%), Yeast, Malted **BARLEY** Flour, **WHEAT** Protein, **WHEAT** Bran, Fermented **WHEAT** Flour, Salt, Sustainable **SOYA** Flour, Vegetable Oils (Rapeseed Oil, Sustainable Palm), Dried **WHEAT** Sourdough, **WHEAT** Semolina, Vinegar, Flour Treatment Agent: Ascorbic Acid (Vitamin C).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Wheat & Barley</i>						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Bread – White Bloomer

Ingredients

WHEAT Flour (with calcium, iron, niacin (B3) and thiamin (B1)), Water, Yeast, **WHEAT** and **RYE** Sourdough (1.5%), **WHEAT** Protein, Fermented **WHEAT** Flour, Salt, **WHEAT** Fibre, Vinegar, Sustainable **SOYA** Flour, Vegetable Oils (**Rapeseed**, Sustainable Palm), Dried Malted **WHEAT** Sourdough, **WHEAT** Semolina, **WHEAT** Starch, Flour Treatment Agent: Ascorbic Acid (Vitamin C).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat RYE						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Margarine

Ingredients

Vegetable Oils (Rapeseed, Palm) Water, Reconstituted Butter **MILK** 3%, Salt (1.5%), Emulsifiers: Mono and Di Glyceride of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Vitamin A & D, Flavouring, Colour: carotenes

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Fruit – Apple, Banana or Orange

Yoghurts

(Cherry, Strawberry, Passion fruit, Raspberry, Banana, Mango - Orange)

Yoghurt from skimmed milk, sugar, glucose syrup, 4% strawberries. 3% peach modified starch, 1% passion fruit juice, pectin, flavouring, food colouring E120

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
X?						

Apple Crumble

Ingredients

Apple, water, citric acid, acetic acid, **WHEAT** Flour, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D, Sugar.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Custard

Ingredients

Sugar, Cornflour, colour (annatto), Milk.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Shortbread

Ingredients

Flour **WHEAT**, Sugar, vegetable oil, water, salt, emulsifier(mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D Icing Sugar (97%), maize starch

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Iced Sponge Cake

Ingredients

Wheat Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **Egg** Powder, **Milk** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).Icing sugar,anti-caking agent tricalcium phosphate, sugar, modified maize starch, vegetable oil, glucose syrup, lemon and safflower concentrates, anti-caking agent E553b, colours, carmine, brilliant blue.

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Eves Pudding

Ingredients

Apple, water, citric acid, acetic acid, Wheat Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **Egg** Powder, **Milk** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Flapjack

Ingredients

Syrup, Sugar, Rolled Oats, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D preservative, sodium, metabisulphite

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
***X						
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
						X

*** Oats do not specify they are Gluten Free

APPLE & RHUBARB CAKE

Ingredients

Apple, water, citric acid, acetic acid, Rhubarb (95%), Water. Icing Sugar (97%), maize starch Wheat Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **Egg** Powder, **Milk** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
X		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

BROWNIE

Ingredients

Sugar, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Fat-Reduced Cocoa Powder, **Egg** Powder, Maize Starch, Rapeseed Oil, Salt, Flavouring. Icing Sugar (97%), maize starch

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X				
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Lemon Drizzle Cake

Ingredients

Lemon Juice from concentrate, preservative: sodium metabisulphite (E223)
 Wheat Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **Egg** Powder, **Milk** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat		X			X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites
						X

BANANA MOUSSE CAKE

Ingredients

Skimmed **MILK** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters of Mono- and Diglycerides of Fatty Acids), **MILK** Proteins, Gelling agents (Sodium Phosphate), Natural Banana Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Annatto) Wheat Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate, Sodium Bicarbonate), **Egg** Powder, **Milk** Proteins, Rice Starch, Rapeseed Oil, Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs
Wheat		X			X	
Nuts	Peanut	Soya	Sesame	Celery & Celeriac	Mustard	Sulphur Dioxide and Sulphites

Cocoa Cake with Coca Butter Icing

Ingredients

WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Fat (Palm Oil, Rapeseed Oil), Fat Reduced Cocoa Powder (6%), Raising Agent(Sodium Hydrogen Carbonate, Disodium Diphosphate, Monocalcium Phosphates),Dried **EGG** Powder, Dextrose, **MILK** Proteins, Dried **EGG** White Powder, Maltodextrin, Emulsifier(Xanthan Gum, Propane-1, 2-diol Esters of Fatty Acids, Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Defatted **SOYA** Flour, Glucose Syrup, Disodium Diphosphate), Colour(Caramel), Chocolate(Flavouring), Vanilla(Flavouring). Sugar (97%), Maize StarchIcing Sugar (97%), maize starch, vegetable oil, water, salt, emulsifier (mono and diglycerides of fatty acid), citric acid, colour (beta carotene), flavourings, vitamin A and D preservative, sodium, metabisulphite, Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum)

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

Cocoa Cake

Ingredients

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Fat-Reduced Cocoa Powder, Raising Agents (Potassium Hydrogen Carbonate, Disodium Diphosphate), **EGG** Powder, **MILK** Proteins, Dextrose, Rice Starch, **EGG** Albumen, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Polysorbate 80).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Primary Schools Allergen Information on Meals

Cocoa Custard

Ingredients

Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum), Cornflour, **MILK**

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
					X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Peaches

Ingredients

Peach slices, water, sugar, glucose syrup, acidity regulator: citric acid

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

FRUIT

Ingredients

Mixed Fruit in variable proportions (Pears, Peaches, Grapes, Pineapple, Cherries (with Colour Erythrosine)), Water, Sugar, Acidity Regulator: Citric Acid

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>

Cookie (If any packed lunches are required)

Ingredients

WHITE COOKIES - **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), White Chocolate (12%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Water, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Cane Molasses, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).

<i>Cereals containing Gluten</i>	<i>Crustaceans</i>	<i>Egg</i>	<i>Fish</i>	<i>Lupin</i>	<i>Milk</i>	<i>Molluscs</i>
Wheat		X			X	
<i>Nuts</i>	<i>Peanut</i>	<i>Soya</i>	<i>Sesame</i>	<i>Celery & Celeriac</i>	<i>Mustard</i>	<i>Sulphur Dioxide and Sulphites</i>
		X				

MILK CHOCOLATE COOKIES - **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), Milk Chocolate (12%) (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Water, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Cane Molasses, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).

Double Chocolate Cookie - **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Vegetable Oils (Palm, Rapeseed), **Milk** Chocolate (12%) (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Water, Fat Reduced Cocoa Powder (4%), Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Hydrogen Carbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Cane Molasses, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum).