The Blue School

This booklet is to be used in conjunction with the Primary School Christmas Lunch m

eals 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.

Roast Turkey,

Ingredients

Turkey

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

Roast Potatoes

Ingredients

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

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

Peas

Ingredients

Peas

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

Carrots

Ingredients

Carrots

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

Gravy

Ingredients

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

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

STUFFING

Ingredients

Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage.

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

Chipolata Sausage (Gluten Free)

Ingredients

Pork (75%) Water GF Breadcrumbs (Rice Flour Gram Flour Maize Starch Salt Dextrose) Potato Starch Dextrose Salt Yeast Extract Spice (White Pepper Coriander Nutmeg) Emulsifier (E451) Preservative (E221) (**SULPHITES**) Sage Spice Extracts Antioxidant (E300)). Filled into Devro Beef Protein Casings.

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

Cauliflower Cheese

Ingredients

Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifier (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Flour, **WHEAT**, **MILK**, Cauliflower, A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, **MILK** Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (**MILK**), 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*

Veggie Grill

Ingredients

Carrot (20%), Onion (13%), Sweetcorn (13%), Peas (13%), Potato Flakes, Breadcrumb (8%) (**WHEAT** Flour, Corn starch, Rice Bran Oil, Dried Yeast, Salt, **WHEAT GLUTEN**, Dextrose, Antioxidant: Ascorbic Acid), Water, Cotton Seed Oil, **WHEAT** Flour, Potato Starch, Maize Flour, Salt, Corn Starch, Sugar, Yeast Extract, Onion Powder, White Pepper Powder, Thickener: Carboxymethyl Cellulose, Turmeric Powder.

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

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*

Cheese

Ingredients

Mozzarella Cheese (**MILK**) (69%), Cheddar Cheese (**MILK**) (29%), Anti-caking Agent: Potato Starch.

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

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)

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

Ham

Ingredients

Ham (Pork)

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

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).

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

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

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

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

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

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

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

Mince Pie

Ingredients

WHEAT Flour (with added Calcium, Folic Acid, Iron, Niacin, Thiamin), Mincemeat Filling (38%) (Sugar, Apple Purée (Apple Purée, Preservatives (Sodium METABI**SULPHITE** (**SULPHITES**), Potassium Sorbate, SULPHER DIOXIDE)), Sultanas, Glucose Syrup, Raisins, Currants, Apricot Filling (Glucose-Fructose Syrup, Apricot Purée, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Preservative (Potassium Sorbate)), Candied Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator (Citric Acid), Preservative (SULPHER DIOXIDE)), Vegetable Oils (Palm, Rapeseed), Mixed Spice (Cinnamon, Coriander, Caraway, Fennel, Nutmeg, Clove, Ginger, Turmeric), Acids (Citric Acid, Acetic Acid), Roasted **BARLEY** Malt Extract, Flavouring), Vegetable Oils (Palm, Rapeseed), Glucose Syrup, Sugar, Dextrose, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Preservative (Potassium Sorbate).

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

MAY CONTAIN ?*