

Primary 2016 Allergen Chart Week 1

Dish	Allergen													Factory Not Nut Free Environment	
	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin		Molluscs
Monday															
Margherita Pizza (without mustard)	✓Wheat						✓								
Tabbouleh	✓Wheat														
Roasted Courgettes															
Mixed Salad									✓						
Tuscan Bean Pasta Bake	✓Wheat						✓								
Jacket Potato & Cheesy Coleslaw (using Sasco mayonnaise)			✓				✓								
Fresh Melon															
Tuesday															
Beef Burger	✓Wheat														
Bread Bun	✓Wheat									*					
Homemade Jacket Wedges	✓Wheat														
Sweetcorn															
Vegetable Biryani	✓Wheat							✓	✓						
Naan Bread	✓Wheat						✓								
Cucumber Raita							✓								
Tomato & Fresh Basil Spaghetti (with cheese)	✓Wheat						✓								
Chocolate Cookie (milk free if using Phase margarine)	✓Wheat		✓				✓								
Vanilla Ice Cream							✓								
Wednesday															
Roast Turkey															
Country Range Stuffing	✓Wheat *Barley							✓			✓				
Lemon & Chive New Potatoes (milk free if using Phase margarine)							✓								
Seasonal Fresh Vegetable Medley															
Knorr Gravy (gluten free, vegetarian)															
Major Gravy (gluten free, contains meat)															
Country Range Gravy (contains meat)	✓Wheat		✓	✓		✓	✓	✓	✓		✓				
Sweet & Sour Vegetables	✓Wheat Barley					✓									
Noodles	✓Wheat		✓												
Jacket Potato with Baked Beans															
Country Range Banana Delight	*Wheat		*			*	✓								
Thursday															
BBQ Chicken Drumstick	✓Barley			✓					✓						
Rice (Tilda 50/50)															
BBQ Beans															
Cheesy Cornbread	✓Wheat		✓		*		✓	*							*
Coleslaw (using Sasco mayonnaise)			✓												
Spinach & Cherry Tomato Frittata			✓												
New Potatoes															
Mexican Bean Wraps	✓Wheat														
Apple Crumble (milk free if using Phase margarine)	✓Wheat						✓								
Custard	*Wheat						✓								

Allergen charts are based on GSpus and GSS recipes and any deviation from these may alter allergen exposure

Friday															
Harry Ramsden's Battered Fish	✓ Wheat			✓											
Chips															
Peas															
Red Vegetable Chilli															
Spiced Tortillas															
Jacket Potato with Tuna Mayonnaise			✓	✓											
Raspberry Ripple Roll	✓ Wheat		✓			✓	✓								
Daily items															
Bread (Wright's bread mix)	✓ Wheat														
Yeo Valley Yoghurt							✓								
Elm Farm Yoghurt							✓								
Fresh Fruit Platter															

***may contain as stated by manufacturer of ingredients**

Dish	Allergen														Factory Not Nut Free Environment
	Gluten	Cereals Containing	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	
Monday															
Margherita Pizza (without mustard)	✓	Wheat						✓							
Summer Vegetable Paella										✓	✓				
Coleslaw (using Sasco mayonnaise)				✓											
Homemade Jacket Wedges	✓	Wheat													
Sweetcorn															
Jacket Potato with Cheesy Coleslaw				✓				✓							
Strawberry Smoothie															
Tuesday															
Moroccan Style Beef Meatballs	✓	Wheat													
Tagine of Summer Vegetables										✓	✓				
Fresh Vegetable Medley															
Cous Cous	✓	Wheat													
Pitta Bread	✓	Wheat													
Tomato & Basil Spaghetti	✓	Wheat						✓							
Devine Lime Cake	✓	Wheat		✓				✓							
Wednesday															
Jerk Chicken Drumstick	✓	Wheat					✓								
Curried Vegetable Pasty	✓	Wheat		✓				✓		✓					
Rice 'n' Peas												✓			
Coleslaw (using Sasco mayonnaise)				✓											
Jacket Potato with Baked Beans															
Chocolate Sponge	✓	Wheat		✓				✓							
Custard	*	Wheat						✓							
Thursday															
Beef Bolognese Sauce															
Spaghetti	✓	Wheat													
Mediterranean Vegetable Calzone	✓	Wheat						✓							
Garlic & Herb Focaccia	✓	Wheat													
Italian Mixed Salad															
Ratatouille Wrap	✓	Wheat													
Shortbread (milk free if using Phase)	✓	Wheat						✓							
Ice Cream								✓							
Friday															
Lemon Fish Goujons	✓	Wheat			✓										
Cheese & Onion Quiche	✓	Wheat		✓				✓		✓					
Chips															
Peas															
Jacket Potato with Cheese & Red Onion								✓							
The Greenwich Mess				✓				✓							
Daily items															
Bread (Wright's bread mix)	✓	Wheat													
Yeo Valley Yoghurt								✓							
Elm Farm Yoghurt								✓							
Fresh Fruit Platter															

* may contain as stated by manufacturer of ingredients

Dish	Allergen													Factory Not Nut Free Environment	
	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin		Molluscs
Monday															
Mac n Cheese	✓Wheat						✓			✓					
Roasted Italian Style Vegetables															
Sicilian Flatbreads	✓Wheat														
Sweet Tomato Vegeball Pasta Sauce (using Linda McCartney Vegeballs)	✓Wheat Barley		✓			✓									
Pasta	✓Wheat														
Jacket Potato & Baked Beans															
Neapolitan Ice Cream						✓	✓								
Wafer	✓Wheat		✓			✓									
Tuesday															
Pork Sausage	✓Wheat											✓			
Chicken Sausage	✓Wheat					✓						✓			
Creamed Potatoes															
Baked Beans															
Quorn Sausage	✓Wheat		✓				✓								
Tomato & Basil Spaghetti (with cheese)	✓Wheat						✓								
Fresh Mixed Salad															
Bakewell Tart	✓Wheat		✓				✓								
Custard	*Wheat						✓								
Wednesday															
Chicken Fillet															
Bread Bun	✓Wheat										*				
Tomato Relish	✓Wheat					✓									
Cajun Spiced Wedges	✓Wheat														
Crisp Summer Salad															
Veggie Burger															
Jacket Potato with Cheese & Tomato							✓								
Chocolate & Coconut Lamington Cake	✓Wheat		✓				✓					✓			
Thursday															
Beef Lasagne	✓Wheat						✓								
Garlic & Herb Focaccia (using Wright's breadmix)	✓Wheat														
Sweetcorn															
Coleslaw (using Sasco mayonnaise)			✓												
Creole Vegetable Jambalaya									✓	✓					
Mexican Bean Wraps	✓Wheat														
Peaches in Strawberry Jelly	*Wheat					*	*								
Friday															
Jerk Salmon	✓Wheat			✓		✓									
Rice n Peas												✓			
Homemade Margherita Pizza	✓Wheat						✓								
Chips															
Peas															
Jacket Potato & Tuna Mayonnaise			✓	✓											
Fresh Melon															
Daily items															
Bread (Wright's bread mix)	✓Wheat														

Allergen charts are based on GSplus and GSS recipes and any deviation from these may alter allergen exposure

Yeo Valley Yoghurt							✓								
Elm Farm Yoghurt							✓								
Fresh Fruit Platter															

***may contain as stated by manufacturer of ingredients**