

# Menu Type: F+ Autumn & Winter 2022-23 Allergen Information

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For full allergen information, please refer to the manufacturer's ingredient listings label on the packaging of each product used.

RECIPE NAME	MILK	EGGS	PEANUTS	TREE NUTS	CEREALS CONTAINING GLUTEN	SESAME SEEDS	CRUSTACEANS	MOLLUSCS	FISH	CELERY	MUSTARD	SOYA	LUPIN	SULPHUR DIOXIDE
Battered Fish									Y (Pollock)					
Beef Burger (Booths) in a Bun					Y (Wheat)							Y		Y
Bread - Chota Naan	Y				Y (Wheat)									
Bread - Homemade	Y				Y (Wheat)							Y		
Bubble Coated Salmon									Y (Salmon)					
Cheese Panini Melt	Y				Y (Wheat)							Y		
Cheese Puff Pastry Whirl	Y	Y			Y (Wheat)									
Chicken & Sweet Potato Curry														
Chocolate Brownie		Y			Y (Wheat)									
Chocolate Cookie (Homemade)					Y (Wheat)									
Chocolate Cookie (Middleton's) Gluten Free		Y												
Chocolate Muffin (Middleton's) Gluten Free		Y			Y (Wheat)									
Chocolate Sauce	Y													
Coleslaw		Y												
Cottage Pie (Homemade)	Y													
Custard	Y													
Fish Fingers Golden Crumb Omega 3					Y (Wheat)				Y (Pollock)					
Fruit Medley & Vanilla Cream	Y													
Fruit Selection														
Fruit Yoghurt	Y													
Jacket Potato with Baked Beans														
Jacket Potato with Cheese	Y													
Jacket Potato with Tuna & Mayonnaise			Y						Y (Tuna)					
Lancashire Cheese & Potato Pie	Y	Y			Y (Wheat)									
Lancashire Cheese, Crackers & Grapes	Y				Y (Wheat)									
Loaded Veggie Stand & Stuff Tacos	Y				Y (Wheat)									
Macaroni & Cheese Bake	Y				Y (Wheat)									
Meat & Potato Pie	Y	Y			Y (Wheat)									
Meatballs (Booths) in Tomato Sauce														Y
Milk Organic	Y													
Pasta - Arrabbiata	Y				Y (Wheat)									
Pasta - Neapolitan	Y				Y (Wheat)									

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Pasta - Plain					Y (Wheat)									
Pasta - Quorn Bolognese		Y			Y (Barley, Wheat)									
Pasta - Tomato & Mascarpone	Y				Y (Wheat)									
Pasta - Tomato & Sweet Pepper					Y (Wheat)									
Pasta Salad		Y			Y (Wheat)									
Pizza - Cheese & Tomato French Bread	Y				Y (Wheat)							Y		
Pizza - Homemade Cheese & Tomato Calzone	Y				Y (Wheat)							Y		
Pizza - Homemade Margherita	Y				Y (Wheat)							Y		
Plant Based Meatballs														
Pork Sausage (Booths) & Onion Gravy														Y
Potato Salad		Y												
Potatoes - Creamed	Y													
Potatoes - Herby														
Potatoes - Oven Baked Chips														
Potatoes - Oven Baked Wedges (Homemade)														
Potatoes - Paprika														
Potatoes - Paprika Wedges														
Potatoes - Roast														
Potatoes- Baby New														
Quorn Tikka Curry	Y	Y												
Rice - Mixed														
Rice Pudding & Fruit Jam	Y													
Roast Chicken, Yorkshire Pudding & Gravy	Y	Y			Y (Wheat)									
Roast Pork, Yorkshire Pudding & Gravy	Y	Y			Y (Wheat)									
Salad Selection														
Shortbread Biscuit					Y (Wheat)									
Strawberry Ice Cream Sponge Roll	Y	Y			Y (Wheat)							Y		
Syrup Sponge	Y	Y			Y (Wheat)									
Tortilla Chips														
Vanilla Sponge	Y	Y			Y (Wheat)									
Vegetable Curry														
Vegetable Fingers					Y (Wheat)									

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Vegetable Sticks & Dips (Tomato Ketchup & Mayonnaise)		Y												
Vegetables - Baked Beans														
Vegetables - Broccoli Florets														
Vegetables - Carrot Batons														
Vegetables - Garden Peas														
Vegetables - Seasonal Cabbage														
Vegetables - Sliced Beetroot														
Vegetables - Sweetcorn														
Vegetarian Sausage (Quorn Vegan) in Onion Gravy					Y (Wheat)									
Vegetarian Sausage Roll					Y (Wheat)									
White Bread Sandwich with Cheese	Y				Y (Wheat)							Y		
White Bread Sandwich with Ham					Y (Wheat)							Y		
White Bread Sandwich with Tuna & Mayonnaise		Y			Y (Wheat)				Y (Tuna)			Y		
White Roll with Cheese	Y				Y (Wheat)							Y		
White Roll with Ham					Y (Wheat)							Y		
White Roll with Tuna & Mayonnaise		Y			Y (Wheat)				Y (Tuna)			Y		
Wholemeal Bread Sandwich with Cheese	Y				Y (Wheat)									
Wholemeal Bread Sandwich with Ham					Y (Wheat)									
Wholemeal Bread Sandwich with Tuna & Mayonnaise		Y			Y (Wheat)				Y (Tuna)					
Wholemeal Roll with Cheese	Y				Y (Wheat)							Y		
Wholemeal Roll with Ham					Y (Wheat)							Y		
Wholemeal Roll with Tuna & Mayonnaise		Y			Y (Wheat)				Y (Tuna)			Y		
Wrap with Cheese	Y				Y (Wheat)									
Wrap with Ham					Y (Wheat)									
Wrap with Tuna & Mayonnaise		Y			Y (Wheat)				Y (Tuna)					

