

2019 PRIMARY ALLERGEN GUIDANCE & INFORMATION

(THE FOOD INFORMATION REGULATIONS 2014)

Main Plate	Wheat (Containing Gluten)	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame	Celery	Sulphur Dioxide
American Style Burger	✓			✓	✓			✓						
Crunchy Chicken	✓			✓	✓			✓					✓	
Fish & Chips	✓								✓					
Fish Fingers & Chips	✓								✓	✓				
Salmon Fish Cakes & Chips	✓								✓	✓				
Oven Baked Chicken Goujons	✓			✓				✓						
Chinese BBQ Chicken Noodles	✓												✓	
Ham Pizza	✓			✓										
Roast Turkey	✓			✓	✓			✓					✓	
Roast Gammon	✓			✓	✓			✓					✓	
Roast Pork	✓			✓	✓			✓					✓	
Spaghetti Bolognese	✓													
Beef Lasagne	✓			✓		✓			✓				✓	
Chicken Korma	✓			✓	✓	✓			✓					
Pork Sausage	✓			✓	✓			✓					✓	✓

The Veg Patch	Wheat (Containing Gluten)	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame	Celery	Sulphur Dioxide
Vegetable Sausages With Onion Gravy	✓			✓	✓			✓					✓	
Crunchy Quorn Bites	✓			✓				✓					✓	
Roasted Vegetable Loaf	✓							✓						✓
Crispy Vegetable Burger	✓			✓	✓			✓						✓
Cheese & Tomato Pastry Puff & Chips	✓			✓				✓						
Roast Vegetable Lasagne	✓			✓		✓		✓					✓	✓
Sweet Potato Spinach	✓			✓	✓								✓	
Quorn Roast	✓			✓				✓						
Southern Fried Quorn Burger	✓			✓				✓						
Vegetable Nuggets & Chips	✓													
Margherita Pizza	✓			✓										
Chinese BBQ Quorn Strips	✓			✓	✓			✓					✓	
Veggie Toad In The Hole	✓			✓	✓			✓						✓
Spaghetti Quorn Bolognese	✓				✓			✓						
Cheese & Tomato Quiche	✓			✓				✓						

Desserts	Wheat (Containing Gluten)	Peanuts	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Crustaceans	Molluscs	Sesame	Celery	Sulphur Dioxide
Chocolate Cherry Muffin	✓			✓				✓						
Double Chocolate Chip Cookie	✓			✓	✓			✓						
Frozen Yoghurt Bar				✓										
Iced Jammy Bun	✓													
Lemon Shortbread	✓			✓										
Orange Jelly & Seasonal Fruit														
Pancake Bar	✓			✓				✓						
Hot Chocolate Brownie	✓			✓	✓			✓						
Hot Jam Sponge	✓			✓				✓						
Oaty Apple Crumble	✓			✓										
Strawberry Mousse				✓	✓									
Steamed Treacle Sponge	✓			✓				✓						✓
Iced Rainbow Sponge Cake	✓			✓				✓						
Sticky Toffee Pudding	✓			✓				✓						✓

Please note: Should you have an allergy or intolerance, school and Cucina need to be made aware

