

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten

Celery

Crustaceans

Egg

Fish

Lupin

Mustard

Nut

Milk

Molluscs

Peanut

Sesame

Soya

Sulphites

Please find below the allergens for our main meals and puddings.

Option: Jacket Potato Fillings	
Tuna Mayonnaise	Egg, Fish, Mustard
Baked Beans	NONE
Cheese	Milk

The yoghurt that we provide as an option each day for our puddings contains **Milk**

*Halal Suitable Dishes

WEEK ONE

	Red Option	Green Option	Dessert
Monday	Chicken Burger in a bun* Celery ,Gluten, Sesame	Tomato, Basil and Red Onion Whirl Celery, Eggs, Gluten, Sesame Seeds, Soybeans & Sulphites	Pineapple Fruit Pot None
Tuesday	Shepherd's Pie* Gluten, Eggs, Milk	Stir Fried Vegetables with Egg Noodles Gluten, Milk, Egg	Apple Sponge & Custard Milk, Gluten, Eggs
Wednesday	Roast Turkey Egg, Gluten, Milk	Stir Fried Rice with Vegetable Celery, Sesame Seeds & Sulphites	Vegetarian Jelly Pots None
Thursday	Pasta Bolognaise * Gluten	Vegetable Pasta Provencal Gluten, Sulphites	Lemon Drizzle Cake Eggs, Gluten, Sulphites
Friday	Fish Fingers * Fish, Gluten	Veggie Sausages Gluten, Sulphites	Raspberry Ripple Mousse Milk

WEEK TWO

	Red Option	Green Option	Dessert
Monday	Braised Chicken Sausages & Onion Gravy * Gluten, Sesame	Vegetarian Toad in the Hole Gluten, Milk, Egg, Sesame, Soybean, Sulphites	Blueberry Muffin & Custard Egg, Gluten, Milk, Soybean
Tuesday	Tuna & Sweetcorn Pasta Bake * Fish, Gluten, Milk	Macaroni Cheese Gluten, Milk, Mustard	Fresh Fruit or Yoghurt Milk
Wednesday	Roast Beef & Gravy Sesame, Celery	Vegetable Burrito & Tomato Sauce Gluten, Milk	Pancake & Fruit Compote Egg, Gluten, Milk
Thursday	Pork Meatballs in Tomato Sauce Gluten, Milk, Eggs, Celery, Mustard, Sesame, Soybean	Cheese & Tomato Quiche Gluten, Milk, Egg, Soybean	Dorset Apple Cake Egg, Gluten, Milk
Friday	Baked Breaded Fish Fillet * Fish, Gluten, Eggs, Milk	Vegetable Spring Roll Gluten, Soybean	Vegetarian Strawberry Mousse Milk



**PARK HILL
JUNIOR
SCHOOL**

WEEK THREE

	Red Option	Green Option	Dessert
Monday	Chicken Feast Pizza * Celery, Egg, Gluten, Milk, Soybean	Cheese/Tomato & Sweetcorn Pizza Celery, Gluten, Milk	Peach & Pear Fruit Pot None
Tuesday	Minced Beef & Onion Pie * Eggs, Gluten, Milk & Sesame Seeds	Cheese & Tomato Omelette Milk, Eggs	Bread & Butter Pudding with Custard Egg, Gluten, Soybean, Milk
Wednesday	Roast Chicken & Gravy * Sesame, Celery, Sulphites	Mediterranean Vegetable with a Cheesy Topping Milk, Gluten	Fresh Fruit or Yoghurt Milk
Thursday	Layered minced Beef Pancake & Tomato Sauce * Gluten, Milk	Vegetarian Burger Gluten	Pineapple Upside Down Cake Egg, Gluten, Milk
Friday	Goujons of Fish * Egg, Milk, Gluten, Fish	Vegetable Sausages Eggs, Soybean	Squeezable Fruit Jelly None

