

**Primary Band B**  
**Allergen information**  
 26 February 2018  
**Traditional**

**Allergen and Intolerance Information**

Although every care is taken, some products may contain nuts.

If you suffer from an allergy of food intolerance we hope that the table below can provide you with the details of allergens in our foods.

We cannot completely eliminate the risk of cross contamination during the production of the meals.

**X = Yes Contains**

**WEEK 1**

**Monday**

Tomato Pizza  
 Spaghetti Bolognese  
 Garlic bread  
 Peas  
 Sweetcorn  
 Creamed Potatoes  
 Jacket Potato  
 Choc Orange Sponge  
 Custard  
 Cheese & Crackers  
 Fruit  
 Tinned Fruit  
 Dried Sultanas  
 Bread  
 Blackcurrent Juice  
 Orange Juice  
 Milk

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
| X      | X              |             |      |      |       | X    |          |         |      |         |              | X    |                 |
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
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|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |
|        | X              |             | X    |      |       | X    |          |         |      |         |              |      | X               |
|        | X              |             | X    |      |       | X    |          |         | X    | X       | X            | X    | X               |
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|        |                |             |      |      |       |      |          |         | X    |         |              |      |                 |
|        | X              |             |      |      |       |      |          |         |      |         | X            | X    |                 |
|        |                |             |      |      |       |      |          |         |      |         |              |      | X               |
|        |                |             |      |      |       | X    |          |         |      |         |              |      |                 |

**Tuesday**

Chicken Tikka  
 Frikadellen in a Bun/ Dough balls  
 Broccoli  
 Carrots  
 Jacket Potato  
 Naan Bread  
 Rice  
 Jelly  
 Yoghurt

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
| X      | X              |             |      |      |       | X    |          | X       | X    | X       |              | X    |                 |
| X      | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |
|        |                |             |      |      |       |      |          |         |      |         |              |      |                 |
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|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
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|        |                |             |      |      |       | X    |          |         |      |         |              |      |                 |

**Wednesday**

Baked Sausage  
 Salmon Nibbles  
 Green Beans  
 Baked Beans  
 Jacket Potato  
 Pasta  
 Homemade muffin

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      |      |       |      |          |         |      |         |              |      | X               |
|        | X              |             |      | X    |       |      |          |         |      |         |              |      |                 |
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|        | X              |             |      |      |       |      |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |

**Thursday**

Roast Chicken

Cottage Pie

Swede

Carrots

Roast Potatoes

Creamed Potatoes

Jacket Potato

Chicken Gravy

Beef Gravy

Apple Flapjack

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
| X      |                |             |      |      |       |      |          |         |      |         |              |      |                 |
|        | X              |             |      |      |       | X    |          |         |      |         |              | X    | X               |
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| X      | X              |             |      |      |       |      |          |         |      |         |              |      |                 |
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|        | X              |             |      |      |       | X    |          |         |      |         |              |      | X               |

**Friday**

Fish Fillet

Hot Wrap of the Day

Baked Beans

Sweetcorn

Chipped Potatoes

Jacket Potato

Pasta

Choc Cornflake Crisp

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              | X           | X    | X    |       | X    | X        | X       |      |         |              |      |                 |
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
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|        | X              |             |      |      |       | X    |          |         |      |         |              |      | X               |

## WEEK 2

### Monday

Baked Sausage Bun  
 Salmon Nibble Bun  
 Peas  
 Baked Beans  
 Creamed Potato  
 Jacket Potato  
 Strawberry Frozen Yogurt  
 Cheese & Crackers  
 Fruit  
 Tinned Fruit  
 Dried Sultanas  
 Bread  
 Blackcurrent Juice  
 Orange Juiice  
 Milk

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |
|        | X              |             | X    | X    |       | X    |          |         |      |         |              | X    | X               |
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|        | X              |             | X    |      |       | X    |          |         | X    | X       |              | X    | X               |
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|        |                |             |      |      |       |      |          |         | X    |         |              |      |                 |
|        | X              |             |      |      |       |      |          |         |      |         | X            | X    |                 |
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|        |                |             |      |      |       | X    |          |         |      |         |              |      |                 |

### Tuesday

Chicken Korma  
 Boiled Gammon Ham & Pineapple  
 Broccoli  
 Carrots  
 Creamed Potato  
 Jacket Potato  
 Naan Bread  
 Rice  
 Marbled Sponge & Custard

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
| X      | X              |             |      |      |       | X    |          | X       | X    | X       |              | X    |                 |
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|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |

### Wednesday

Ham & Cheese Pizza  
 Spaghetti Bolognese  
 Peas  
 Sweetcorn  
 Boiled Potato  
 Jacket Potato  
 Pasta  
 Cocoa Crunch

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
| X      | X              |             |      |      |       | X    |          |         |      |         |              | X    |                 |
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|        | X              |             |      |      |       | X    |          |         |      |         |              |      | X               |

**Thursday**

Roast Pork Apple Sauce  
 Savoury Mince Beef Pie  
 Carrots  
 Broccoli  
 Roast Potato  
 Creamed Potato  
 Jacket Potato  
 Gravy  
 Welsh Cake

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
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| X      | X              |             |      |      |       |      |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       | X    |          |         | X    |         |              |      |                 |

**Friday**

Baked Fish Fillet  
 Ham & Cheese Wrap  
 Chicken & Cheese Wrap  
 Baked Beans  
 Sweetcorn  
 Chipped Potato  
 Jacket Potato  
 Ice Cream & Chocolate Sauce

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      | X    |       |      |          |         |      |         |              |      |                 |
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|        |                |             |      |      |       | X    |          |         |      |         |              |      | X               |

**WEEK 3**

**Monday**

- Fish-o-fillet
- Pasta Bake
- Sweetcorn
- Baked Beans
- Boiled Potato
- Jacket Potato
- Pasta
- Jam Sponge
- Custard
- Cheese & Crackers
- Fruit
- Tinned Fruit
- Dried Sultanas
- Bread
- Blackcurrent Juice
- Orange Juiice
- Milk

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             | X    | X    |       | X    |          |         |      |         |              | X    | X               |
|        | X              |             |      |      |       | X    |          |         |      |         |              | X    |                 |
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|        | X              |             |      |      |       |      |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |
|        | X              |             | X    |      |       | X    |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       | X    |          |         | X    | X       |              | X    | X               |
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|        |                |             |      |      |       |      |          |         | X    |         |              |      |                 |
|        | X              |             |      |      |       |      |          |         |      |         | X            | X    |                 |
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|        |                |             |      |      |       | X    |          |         |      |         |              |      |                 |

**Tuesday**

- Chicken Curry
- Cheese & Tomato Pizza
- Broccoli
- Peas
- Creamed Potato
- Jacket Potato
- Naan Bread
- Rice
- Welsh Cake

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
| X      | X              |             |      |      |       | X    |          | X       | X    | X       |              | X    |                 |
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
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|        | X              |             | X    |      |       | X    |          |         | X    |         |              |      |                 |

**Wednesday**

- Enchiladas
- Pork Meatball
- Green Beans
- Carrots
- Creamed Potato
- Jacket Potato
- Home made biscuit
- Jelly

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
|        | X              |             |      |      |       | X    |          |         |      |         |              |      |                 |
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**Thursday**

Roast Turkey  
 Mince Beef Pie  
 Peas  
 Broccoli  
 Roast Potato  
 Creamed Potato  
 Jacket Potato  
 Gravy  
 Peach Sponge  
 Custard

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        |                |             |      |      |       |      |          |         |      |         |              |      |                 |
| X      | X              |             |      |      |       | X    |          |         |      |         |              | X    |                 |
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| X      | X              |             |      |      |       |      |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       | X    |          |         |      |         |              | X    | X               |
|        | X              |             | X    |      |       | X    |          |         |      |         |              |      |                 |

**Friday**

Fish Finger  
 Sausage & Egg  
 Baked Beans  
 Sweetcorn  
 Chipped Potato  
 Jacket Potato  
 Chocolate Cookie

| Celery | Cereals Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------|----------------|-------------|------|------|-------|------|----------|---------|------|---------|--------------|------|-----------------|
|        | X              |             |      | X    |       |      |          |         |      |         |              |      |                 |
|        | X              |             | X    |      |       |      |          |         |      |         |              |      | X               |
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|        | X              |             | X    |      |       | X    |          | X       | X    |         |              | X    | X               |

