















DISHES AND THEIR ALLERGEN CONTENT
STRAMONGATE SCHOOL- Further information is available from the School Kitchen

DISHES														
	Celery	Cereals con.gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
School Dinners														
Apple Crumble Slice		✓		✓			✓							
Apple Crumble Slice		✓		✓			✓							
Arctic Roll		✓		✓			✓							
Australian Crunch		✓					✓							
Baguette		✓					✓							
Baguettes		✓												
Beans														
Beef Burger		✓											✓	✓
Bolognese Sauce														
Bread - Loaf and Bun		✓											✓	
Cheese							✓							
Cheese and Mash Whirls		✓					✓							
Cheese and Potato Pie		✓		✓			✓						✓	
Cheese Swirl							✓							
Cheese/Cheese and Ham Pizza		✓					✓							✓
Cheese/Ham and Mash Whirls		✓					✓							
Chicken Fajitas									✓					
Chicken Fajitas									✓					
Chicken Pasta Bake		✓												
Chicken Nuggets		✓												
Chips (Frozen)														
Chocolate and Cherry Cookies		✓												
Chocolate Brownie		✓		✓			✓							
Coleslaw							✓		✓					
Cookies		✓					✓							
Crackers		✓												
Tuc Crackers - (milk / and cheese allergens)		✓					✓							
Fish Cakes		✓			✓		✓		✓					
Fish Fingers		✓			✓		✓							
Fish in Batter		✓			✓									
Flapjack		✓					✓							
Fruit														
Fruit muffins		✓		✓			✓							
Gravy	✓	✓					✓						✓	
Gravy		✓											✓	
Ice Cream							✓							
Iced Fruit Smoothie														
Jacket Potato														
Korma Sauce							✓							
Lemon Chicken/Chicken Grill														
Macaroni Cheese	✓	✓					✓		✓					
Mandarins														
Margherita Pizza		✓					✓							
Masala Sauce							✓							
Mashed Potatoes							✓							
Mayonnaise							✓		✓					
Meatballs	✓	✓		✓										
Milk/Cream							✓							
Naan Bread		✓					✓							
Pastry Sheet		✓											✓	
Pasta White / Wholemeal		✓												
Peaches														
Pepperoni Pizza		✓					✓							
Potato Wedges														
Potatoes														
Quorn Bolognese		✓		✓					✓					
Quorn Burger		✓		✓										
Quorn Fillet				✓										
Quorn Lemon Fillet														
Quorn Pasta Bake		✓		✓					✓					
Quorn Sausage		✓		✓										
Rice - White/Wholemeal														
Rice Pudding							✓							
Roast Meat - Turkey/Beef/Pork/Gammon														
Roast Potatoes														
Salad														
Salmon/Oily Fish Taster on Toast		✓											✓	
Sausage Roll		✓					✓						✓	✓
Sausages		✓											✓	✓
Shortbread		✓					✓							
Spaghetti/Pasta Bolognese		✓		✓			✓							
Sweet And Sour Sauce														
Thai Green Curry Sauce					✓									
Thgai Chicken Curry					✓									
Tomato Pasta Sauce														
Tuna					✓									
Vegetable Lasagne	✓	✓		✓			✓		✓					
Vegetables - All														
Vegetarian Bolognese		✓		✓					✓					
Vegetarian Burger														
Vegetarian Fajitas									✓					
Vegetarian Gravy	✓	✓											✓	
Vegetarian Korma (Brakes own)		✓		✓			✓		✓					
Vegetarian Nuggets		✓					✓							
Wedges														
Yoghurt							✓							
Yorkshire Puddings		✓		✓			✓							