















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

<b>DISHERS</b>														
<b>Updated 18.09.2024</b>	Celery	Cereals con.gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
<b>School Dinners</b>														
Apple Crumble Slice		✓		✓			✓							
Arctic Roll		✓		✓			✓							
Australian Crunch		✓					✓							
Baguette		✓					✓							
Beans														
Bechamel sauce	✓	✓		✓			✓		✓				✓	
Beef Burger		✓											✓	✓
Bolognese Sauce														
Bread - Loaf and Bun		✓											✓	
Carbonara	✓	✓		✓			✓		✓					
Cheese							✓							
Cheese and Mash Whirls		✓					✓							
Cheese and Potato Pie		✓		✓			✓						✓	
Cheese Swirl							✓							
Cheese/Cheese and Ham Pizza		✓					✓							✓
Cheese/Ham and Mash Whirls		✓					✓							
Chicken Fajitas									✓					
Chicken Pasta Bake		✓												
Chicken Bites		✓												
Chips (Frozen)														
Chocolate and Cherry Cookies		✓												
Chocolate Brownie		✓		✓			✓							
Coco Shortbread		✓												
Coleslaw							✓		✓					
Cookies		✓					✓							
Crackers		✓												
Tuc Crackers - (milk / and cheese allergens)		✓					✓							
Fish Bites		✓			✓									
Fish Cakes		✓			✓		✓		✓					
Fish Fingers		✓			✓		✓							
Fish in Batter		✓			✓									
Flapjack		✓					✓							
Fruit														
Fruit muffins		✓		✓			✓							
Gravy	✓	✓					✓						✓	
Hunters Chicken							✓							
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							✓							
Mixed Herbs	✓													
Naan Bread		✓					✓							
Party Cake		✓		✓			✓							
Pastry Sheet		✓											✓	
Pasta White / Wholemeal		✓												
Peaches														
Pepperoni Pizza		✓					✓							
Potato Wedges														
Potatoes														
Quorn Bolognese		✓		✓					✓					
Quorn Burger		✓		✓										
Quorn Fillet				✓										
Quorn Lemon Fillet														
Quorn Nuggets		✓					✓							
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														
Syrup cake		✓		✓			✓							
Taco Shell														
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		✓		✓			✓							