## DISHES AND THEIR ALLERGEN CONTENT – School Name: St John & St James' – SPRING Menu Week 1

| DISHES                      |        |                                 |             |      |      | Lupin<br>Flour |      |         | MUSTARD |      |         |                 |      | <b>BOOD</b> WINE   |
|-----------------------------|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
|                             | Celery | Cereals<br>containing<br>gluten | Crustaceans | Eggs | Fish | Lupin          | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Tomato Pasta Bake           |        |                                 |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Garlic Bread                |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Chicken Fajita              |        |                                 |             |      |      |                | YES  |         |         |      |         |                 |      | YES                |
| Vegetable Fajita            |        |                                 |             |      |      |                |      |         |         |      |         |                 |      | YES                |
| Wraps                       |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Rice                        |        |                                 |             |      |      |                |      |         |         |      |         |                 | YES  |                    |
| Beef Ragu                   |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Quorn Ragu                  |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Spaghetti / Pasta           |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Jerk Chicken                |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Jerk Halloumi               |        |                                 |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Jollof Rice                 |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Smoked Paprika<br>Sweetcorn |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Fish Fingers                |        | YES                             |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Veggie Fritters             |        | YES                             |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Vanilla Sponge              |        | YES                             |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Custard                     |        | YES                             |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Shortbread Biscuits         |        | YES                             |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Coleslaw                    |        |                                 |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Potato Salad                |        |                                 |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Yoghurt                     |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Daily Bread                 |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |

## DISHES AND THEIR ALLERGEN CONTENT – School Name: St John & St James' – SPRING Menu Week 2

| DISHES                                 |        |                                 |             |      |      | Lupin<br>Flour |      |         | MUSTARD |      |         |                 | 6    | BOOD WINE          |
|----------------------------------------|--------|---------------------------------|-------------|------|------|----------------|------|---------|---------|------|---------|-----------------|------|--------------------|
|                                        | Celery | Cereals<br>containing<br>gluten | Crustaceans | Eggs | Fish | Lupin          | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>Dioxide |
| Chow Mein                              |        |                                 |             |      |      |                |      |         |         |      |         |                 | YES  |                    |
| Chicken Sausages                       |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Vegetarian<br>Sausages                 |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Onion Gravy                            |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Mash Potato                            |        |                                 |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Chicken Curry                          |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Vegetable Curry                        |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| B's Beef Stew                          |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| B's Vegetable &<br>Kidney Bean<br>Stew |        |                                 |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Pitta Bread                            |        | YES                             |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Fresh Fish                             |        |                                 |             | YES  | YES  |                |      |         |         |      |         |                 |      |                    |
| Spiced Vegetable<br>Patties            |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Apple Crumble                          |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |
| Raisin Cookies                         |        | YES                             |             | YES  |      |                |      |         |         |      |         |                 |      |                    |
| Custard                                |        | YES                             |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Coleslaw                               |        |                                 |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Potato Salad                           |        |                                 |             | YES  |      |                | YES  |         |         |      |         |                 |      |                    |
| Yoghurt                                |        |                                 |             |      |      |                | YES  |         |         |      |         |                 |      |                    |
| Wholemeal<br>Bread                     |        | YES                             |             |      |      |                |      |         |         |      |         |                 |      |                    |