Orton Wistow Primary School	FOOI	D A	ΑL	LE	RG	èΕ	N A	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Main Course														
BBQ Sauce (to go with sausages)										✓				
Beef Bolognaise	✓ Wheat								✓	✓				
Beef Burger	✓ Wheat					✓			✓					
Beef Lasagne	✓ Wheat		<b>✓</b>				<b>√</b>			✓				
Beef Moussaka			✓				<b>√</b>							
Beef Nachos							✓							
Beef & Onion Pie	✓ Wheat		<b>✓</b>											
Cheese, grated							<b>✓</b>							
Cheese and Onion Pastry	✓ Wheat						<b>√</b>							
Cheese and Potato Slice	✓ Wheat		<b>✓</b>				✓							
Cheese Bakewell	✓ Wheat		<b>✓</b>				✓			✓				
Cheese Jacket Potato							✓							
Cheese Whirl	✓ Wheat		<b>✓</b>				✓			✓				
Cheesy Omelette Bap	✓ Wheat		<b>✓</b>				✓							

Orton Wistow Primary School	FOO	D A	<b>4L</b>	LE	RG	ЭΕI	N A	ΑC	V	IC	E		\$0°	
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Chicken, Breaded Steak	✓ Wheat													
Chicken (cold sliced for salad)														
Chicken Fillet	✓ Wheat					✓					✓			
Chicken Drummer, Sticky						<b>✓</b>								
Chicken Fillet in Gravy	✓ Wheat					<b>✓</b>			<b>✓</b>	<b>√</b>				
Chicken Nuggets	✓ Wheat		<b>✓</b>											
Chilli con Carne (Beef )														
Corned Beef (Cold sliced for salad)														
Cottage Pie, Beef									<b>✓</b>					
Egg			<b>✓</b>											
Fish in Breadcrumbs	✓ Wheat			<b>✓</b>										
Fish, Battered	✓ Wheat			<b>✓</b>										
Fish Pie	✓ Wheat			<b>✓</b>			<b>✓</b>							
Fishcake	✓ Wheat		<b>✓</b>	<b>✓</b>										
Fish Finger, Jumbo	✓ Wheat		✓	✓										

Orton Wistow Primary School	FOO	D A	ΑL	LE	RG	èΕ	N A	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Fish Finger, Gluten free				✓										
Fish Goujons														
Fish Star	✓ Wheat			✓						<b>√</b>				
Gravy	✓ Wheat					<b>✓</b>			<b>✓</b>	<b>√</b>				
Gravy, Chicken						>	<b>✓</b>		<b>&gt;</b>	<b>✓</b>				
Gravy, Vegetarian	✓ Wheat					>			<b>\</b>					
Ham												<b>√</b>		
Hotdog (Frankfurter, Gluten Free)														
Lentil and Bean Pie	✓ Wheat		>											
Macaroni Cheese	✓ Wheat						<b>✓</b>			<b>√</b>				
Margherita Pizza	✓ Wheat						✓							
Pepperoni Pizza	✓ Wheat						✓							
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓							
Quiche, Cheese & Sweetcorn	✓ Wheat		<b>✓</b>				✓			✓				
Quiche, Cheese & Egg	✓ Wheat		✓				✓			<b>√</b>				

Orton Wistow Primary School	FOO	D /	ΔL	LE	RG	ŞΕ	N A	AC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nots	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Quorn Balls in Tomato & Basil Sauce	✓ Wheat/Barley		✓											$\neg$
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓				
Quorn Burger	✓ Wheat/Barley						<b>√</b>							
Quorn Burger, Southern Style	✓ Wheat		✓				✓							
Quorn Dog	✓ Wheat (Barley)		✓				<b>✓</b>							
Quorn Fillet			<b>✓</b>											
Quorn Fillet in Vegetarian Gravy	✓ Wheat		<b>✓</b>						<b>\</b>			<b>✓</b>		
Roast Beef in Gravy	✓ Wheat					<b>✓</b>			<b>&gt;</b>	<b>✓</b>	<b>✓</b>			
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓					<b>✓</b>		
Sausage	✓ Wheat													
Sausage and Bean Pie	✓ Wheat		✓											
Sausage wrapped in Bacon	✓ Wheat													
Shepherds Pie							✓							
Southern Fried Chicken	✓ Wheat		✓				<b>√</b>		✓	<b>√</b>				
Soya Mince Bolognaise	✓ Barley					✓	✓		<b>✓</b>					

Orton Wistow Primary School	FOO	D /	<b>4L</b>	LE	RG	ξE	N A	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Soya Mince Cottage Pie	✓ Barley					✓	✓		✓					
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓											
Stuffing Ball	✓ Wheat													
Tuna Mayo Jacket			<b>✓</b>	<b>\</b>										
Tuna Pasta	✓ Wheat		<b>✓</b>	<b>✓</b>						<b>✓</b>				
Turkey (Cold sliced for salad)												<b>✓</b>		
Turkey Fillet in Gravy	✓ Wheat/Barley					>	<b>✓</b>		>	<b>✓</b>				
Vegetable Bolognese	✓ Wheat		<b>✓</b>											
Vegetable Brunch			✓				$\checkmark$							
Vegetable Chilli														
Vegetable Lasagne	✓ Wheat		<b>✓</b>				✓			<b>✓</b>				
Vegetable & Tomato Pasta Bake	✓ Wheat													
Vegetable Moussaka			<b>✓</b>				<b>✓</b>							
Vegetable Nuggets	✓ Wheat													
Vegetable Pie							<b>√</b>							
Vegetarian Sausage	✓ Wheat					✓						<b>√</b>		

Orton Wistow Primary School	FOO	D /	ΔL	LE	RG	ЭΕ	N A	ΑC	V	IC	E		€°	
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Vegetarian Sausage Roll	<b>√</b> Wheat					✓						✓		
Wistow Brunch	✓ Wheat		✓				✓							
Wistow Sausage Roll	✓ Wheat		<b>√</b>											
Yorkshire Pudding	✓ Wheat		✓				✓							
Starchy Food														
Bread Flour Bap (used with Burger, Quorn Southern Style Burger, Chicken Fillet)	✓ Wheat					<b>✓</b>								
Bread, Fresh	✓ Wheat													
Bread Roll, Fresh, (used for Assorted Rolls)	✓ Wheat													
Couscous	✓ Wheat/Barley													
Hash Brown														
Hash Brown Nuggets														
Hotdog Roll (also used for Quorn dog and Fishfinger in a Roll)	✓ Wheat													
Garlic Slice	✓ Wheat						May				May			
Oven Chips (Gluten Free)														

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MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Pasta	✓ Wheat		✓											
Potatoes, Dauphinoise	✓ Corn Starch						<b>✓</b>					<b>✓</b>		
Potatoes Duchesse														
Potato, Jacket														
Potatoes, Mashed														
Potatoes, New														
Potatoes, Oven Herb Diced	✓ Wheat													
Potatoes, Roast	✓ Wheat													
Potato Smiles														
Potato Wedges	✓ Wheat													
Rice														
Waffles			✓				$\checkmark$							
<u>Vegetables</u>														
Baby Corn														
Baked Beans in Tomato Sauce	✓ Maize Starch													
Broccoli														

Orton Wistow Primary School	FOO	D A	ΑL	LE	RG	ŞΕ	N A	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Coleslaw			✓							✓				
Cabbage														
Carrots, Baby														
Carrots, Baton														
Carrot & Swede														
Cauliflower														
Green Beans														
Leeks, chopped														
Mexican Mix														
Mushrooms, sliced														
Onions, diced														
Peas														
Peppers, mixed														
Petit Pois														
Romanesco Mix														
Spaghetti Hoops (Wholemeal) in Tomato Sauce	✓ Wheat													

Orton Wistow Primary School	FOO	D /	ΔL	LE	RC	èΕ	N ,	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Swede, diced														
Sweetcorn														
Tomatoes, Roasted														
Vegetables, mixed														
<u>Desserts</u>														
Angel Delight							✓							
Apple & Blackberry Crunch	✓ Wheat													
Apple Strudel	✓ Wheat		✓											
Bakewell Tart	✓ Wheat		<b>✓</b>											
Biscuit, Wholemeal Chocolate Orange	✓ Wheat		<b>✓</b>				<b>✓</b>							
Blood Sauce (pink sauce)							✓							
Blueberry Cup Cake	✓ Wheat		✓											
Cappuccino Cup Cake	✓ Wheat		✓											
Carrot Cake	✓ Wheat		✓											
Cheese, Laughing Cow							<b>✓</b>							
Cheescake, Fruit topped	✓ Wheat		May			May	<b>√</b>							

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MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Cherry Bakewell	✓ Wheat/Semolina		<b>√</b>											
Chocolate Fudge Brownie	✓ Wheat		<b>√</b>											
Chocolate Chip Shortbread	✓ Wheat						✓							
Chocolate Chip Sponge	✓ Wheat		<b>√</b>				✓							
Chocolate & Orange Marble Cake	✓ Wheat		✓											
Chocolate Cup Cake, Decorated	✓ Wheat		✓											
Chocolate Krispie Christmas Pudding	✓ Maize Starch													
Chocolate Krispie Cake	✓ Maize Starch													
Chocolate Custard/Sauce							<b>√</b>							
Chocolate Sponge	✓ Wheat		<b>\</b>											
Cookie, Chocolate Chip	✓ Wheat		<b>✓</b>				<b>✓</b>							
Cookie, Chocolate Chip (dairy free)	✓ Wheat		<b>√</b>											
Crackers (for Cheese)	✓ Wheat		May				May				May			
Cornflake Tart	✓ Wheat/Barley													
Cream							✓							
Cream Bun	✓ Wheat		May			May	✓							

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MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Christmas Pudding	✓ Wheat		✓				✓							
Custard							✓							
Custard Pots							<b>✓</b>							
Donut (Ring)	✓ Wheat					<b>✓</b>	May							
Donut (Jam)	✓ Wheat					<b>✓</b>	May							
Drizzle Cake, Lemon or Orange	✓ Wheat		<b>✓</b>				<b>✓</b>							
Easter Bunny Shortbread Biscuit	✓ Wheat						<b>✓</b>							
Easter Iced Sponge	✓ Wheat		✓			✓	✓							
Easter Chocolate Fudge Brownie	✓ Wheat		✓				✓							
Easter Vanilla Cupcake	✓ Wheat		<b>√</b>				✓							
Easter Chocolate Krispie Cake	✓ Maize Starch						✓							
Fairy Cake	✓ Wheat		<b>√</b>											
Flapjack	✓ Wheat/Oats													
Flapjack, Raspberry	✓ Wheat/Oats													
Fromage Frais & Sponge Finger	✓ Wheat		✓				✓							
Fruit Cobbler	✓ Wheat													

Orton Wistow Primary School	FOOI	D A	ΔL	LE	RG	èΕ	N .	ΑC	V	IC	E			
MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Fruit Crunch Pie														
Fruit Crumble	✓ Wheat													
Fruit Jelly														
Fruit Muffin	✓ Wheat		<b>✓</b>											
Fruit Salad														
Fruit Smoothie														
Fruit Strudel	✓ Wheat		✓											
Fudge Tart	✓ Wheat						✓							
Halloween Biscuit	✓ Wheat													
Gingerbread	✓ Wheat		May			May	May	May						
Gingerbread Man (gluten free)			✓											
Honey & Oat Biscuit	✓ Wheat													
Honey & Apple Cake	✓ Wheat		<b>√</b>											
Ice Cream Cone (Strawberry)	✓ Wheat						<b>√</b>							
Ice Cream Roll	✓ Wheat		<b>√</b>				✓							
Ice Cream Tub, assorted							<b>√</b>							

Orton Wistow Primary School	FOOD ALLERGEN ADVICE												Ø <sup>©</sup>	
MASTER COPY (updated Feb 2024)	Ceredis	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Iced Bun	✓ Wheat		May			May	May							
Iced Sponge	✓ Wheat		✓											
Iced Sponge Sparkler	✓ Wheat		✓			✓	✓							
Jam Roly Poly	✓ Wheat													
Jam & Coconut Sponge	✓ Wheat		<b>✓</b>											
Jam Scones	✓ Wheat													
Jam Vol au Vent	✓ Wheat													
Jam Tart & Cream	✓ Wheat						<b>✓</b>							
Juice (served with shortbread)														
Lemon Love Cake	✓ Wheat		<b>√</b>				<b>✓</b>							
Lemon Sponge	✓ Wheat		✓											
Melting Moment	✓ Wheat		<b>✓</b>											
Meringue Bonfire	✓ Maize Starch		<b>✓</b>				✓							
Meringue Snowman & Cream	✓ Maize Starch		<b>✓</b>				<b>✓</b>							
Mousse, assorted							<b>✓</b>							
Muffin, seasonal fruit	✓ Wheat		<b>✓</b>											

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MASTER COPY (updated Feb 2024)	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Oaty Cookie	✓ Wheat (Oats)													
Orange Viennese Biscuit														
Pancakes with Choice of Flavoured Syrup	✓ Wheat		<b>✓</b>				<b>✓</b>							
Peach Melba							<b>✓</b>							
Pink Sauce							<b>✓</b>							
Poppy Seed Muffin	✓ Wheat													
Raspberry Sponge	✓ Wheat		✓											
Rice Pudding Pots							<b>✓</b>							
Scone with Jam & Cream	✓ Wheat						<b>✓</b>							
Shooting Star Chocolate Fudge Brownie	✓ Wheat		✓											
Shortbread	✓ Wheat													
Shortbread Heart Biscuit	✓ Wheat													
Shortbread Star Biscuit	✓ Wheat													
Spooky Shortbread	✓ Wheat													
Spooky Sponge	✓ Wheat		✓			<b>√</b>	<b>√</b>							
Sticky Toffee Pudding	✓ Wheat		✓											

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Strawberry Cake	✓ Wheat		✓												
Trifle							<b>✓</b>								
Waffles	✓ Wheat		<b>✓</b>			<b>✓</b>	<b>✓</b>								
Vanilla Sauce							<b>✓</b>								
Victoria Sponge	✓ Wheat		✓												
Yogurt Pots							<b>√</b>								
Yogurt, Frozen							<b>√</b>								