



MASTER COPY (updated Feb 2024)

Main Course

BBQ Sauce (to go with sausages)

Beef Bolognaise

Beef Burger

Beef Lasagne

Beef Moussaka

Beef Nachos

Beef & Onion Pie

Cheese, grated

Cheese and Onion Pastry

Cheese and Potato Slice

Cheese Bakewell

Cheese Jacket Potato

Cheese Whirl

Cheesy Omelette Bap

Cereals

Crustaceans

Eggs

Fish

Peanuts

Soya

Milk

Nuts

Celery and Celeriac

Mustard

Sesame

Sulphur dioxide and sulphites

Lupin

Molluscs

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

✓ Wheat

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	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			✓						✓				
Gravy	✓ Wheat					✓			✓	✓				
Gravy, Chicken						✓	✓		✓	✓				
Gravy, Vegetarian	✓ Wheat					✓			✓					
Ham												✓		
Hotdog (Frankfurter, Gluten Free)														
Lentil and Bean Pie	✓ Wheat		✓											
Macaroni Cheese	✓ Wheat						✓			✓				
Margherita Pizza	✓ Wheat						✓							
Pepperoni Pizza	✓ Wheat						✓							
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓							
Quiche, Cheese & Sweetcorn	✓ Wheat		✓				✓			✓				
Quiche, Cheese & Egg	✓ Wheat		✓				✓			✓				



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Quorn Balls in Tomato & Basil Sauce	✓ Wheat/Barley		✓											
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓				
Quorn Burger	✓ Wheat/Barley						✓							
Quorn Burger, Southern Style	✓ Wheat		✓				✓							
Quorn Dog	✓ Wheat (Barley)		✓				✓							
Quorn Fillet			✓											
Quorn Fillet in Vegetarian Gravy	✓ Wheat		✓						✓			✓		
Roast Beef in Gravy	✓ Wheat					✓			✓	✓	✓			
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓					✓		
Sausage	✓ Wheat													
Sausage and Bean Pie	✓ Wheat		✓											
Sausage wrapped in Bacon	✓ Wheat													
Shepherds Pie							✓							
Southern Fried Chicken	✓ Wheat		✓				✓		✓	✓				
Soya Mince Bolognaise	✓ Barley					✓	✓		✓					



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Soya Mince Cottage Pie	✓ Barley					✓	✓		✓					
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓											
Stuffing Ball	✓ Wheat													
Tuna Mayo Jacket			✓	✓										
Tuna Pasta	✓ Wheat		✓	✓						✓				
Turkey (Cold sliced for salad)												✓		
Turkey Fillet in Gravy	✓ Wheat/Barley					✓	✓		✓	✓				
Vegetable Bolognese	✓ Wheat		✓											
Vegetable Brunch			✓				✓							
Vegetable Chilli														
Vegetable Lasagne	✓ Wheat		✓				✓			✓				
Vegetable & Tomato Pasta Bake	✓ Wheat													
Vegetable Moussaka			✓				✓							
Vegetable Nuggets	✓ Wheat													
Vegetable Pie							✓							
Vegetarian Sausage	✓ Wheat					✓						✓		

Orton Wistow Primary School

FOOD ALLERGEN ADVICE



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Cereals

Crustaceans

Eggs

Fish

Peanuts

Soya

Milk

Nuts

Celery and Celeriac

Mustard

Sesame

Sulphur dioxide and sulphites

Lupin	
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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

[illegible]



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	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														

Desserts

Angel Delight							✓							
Apple & Blackberry Crunch	✓ Wheat													
Apple Strudel	✓ Wheat		✓											
Bakewell Tart	✓ Wheat		✓											
Biscuit, Wholemeal Chocolate Orange	✓ Wheat		✓				✓							
Blood Sauce (pink sauce)							✓							
Blueberry Cup Cake	✓ Wheat		✓											
Cappuccino Cup Cake	✓ Wheat		✓											
Carrot Cake	✓ Wheat		✓											
Cheese, Laughing Cow							✓							
Cheescake, Fruit topped	✓ Wheat		May			May	✓							



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



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Fruit Crunch Pie														
Fruit Crumble	✓ Wheat													
Fruit Jelly														
Fruit Muffin	✓ Wheat		✓											
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		✓											
Ice Cream Cone (Strawberry)	✓ Wheat						✓							
Ice Cream Roll	✓ Wheat		✓				✓							
Ice Cream Tub, assorted							✓							



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Strawberry Cake	✓ Wheat		✓											
Trifle							✓							
Waffles	✓ Wheat		✓			✓	✓							
Vanilla Sauce							✓							
Victoria Sponge	✓ Wheat		✓											
Yogurt Pots							✓							
Yogurt, Frozen							✓							