

ALLERGEN BUDDY





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ALLERGEN MATRICES

This document includes the allergen information for our Autumn 2026 secondary lunch menu. Due to local variations on menus, there may be dishes in this report that are not available. Please refer to the school's lunch menu for available dishes.

We rely on information provided by our suppliers and manufacturers which is updated in our systems daily. The information within this document was accurate at the time of printing on - 08/03

All meals for pupils with allergies much be pre-ordered at least one week in advance.

KEY

✓ = contains

M = may contain

Blank = does not contain

Last Edited: 8/3

Menu FIR Intolerance Report

Secondary Menu (All Variations) Oct 26

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
WK1 Monday																												
Asian Vegetable, Soya & Bean Noodle Stir Fry 5087 (Yield 30ptn/s)	✓	✓										✓														✓		
Beef Chilli Con Carne, nacho crumbs, mixed rice and sweetcorn 4992 (Yield 70ptr																												
Halal Beef Chilli Con Carne, nacho crumbs, mixed rice and sweetcorn 1028735 (Y																												
Halal Smokey Lamb Chilli Rice Nachos and Corn 5048 (Yield 70ptn/s)																												
Mixed Bean Chilli nacho crumbs, mixed rice & sweetcorn 5007 (Yield 35ptn/s)												✓																
Vanilla Sponge & Custard 1029343 (Yield 63ptn/s)	✓	✓									✓	M	✓															
WK1 Tuesday																												
Asian Vegetable, Soya & Bean Noodle Stir Fry 5087 (Yield 30ptn/s)	✓	✓										✓														✓		
Chocolate and Orange Brownie 1027368 (Yield 21ptn/s)	✓	✓									✓		✓															
Halal Sticky Bang Bang Chicken with rice and garlic green beans 1018063 (Yield 5	✓	✓										✓																
Sticky Bang Bang Chicken with rice and garlic green beans 1016309 (Yield 50 ptn	✓	✓										✓																
Sticky plant based Bang Bang pieces with rice and garlic green beans 1016665 (Y	✓	✓										✓																
WK1 Wednesday																												
Biscoff Swirl Sponge 1029355 (Yield 63ptn/s)	✓	✓									✓	✓	✓															
Glazed Gammon with Crisp Roasties Seasonal Veg & Roast House gravy 100175	✓	✓									✓		✓															
Halal Lemon & Thyme Roast Chicken 1001906 (Yield 50ptn/s)	✓	✓									✓		✓														✓	
Lemon & Thyme Roast Chicken Crisp Roasties Seasonal Veg Roast House Gravy	✓	✓									✓		✓														✓	
Vegetable Squashage Roll with Roast House Gravy 1016053 (Yield 12ptn/s)	✓	✓									✓		✓															
WK1 Thursday																												

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Arrabbiata "Veggieball" Bake with House Salad 1027673 (Yield 40ptn/s)	✓	✓										✓	✓												M			
Creamy Chicken, Spinach and Pesto Bake 1027684 (Yield 30ptn/s)	✓	✓										M	✓												M			
Halal Creamy Chicken, Spinach and Pesto Bake 1027690 (Yield 30ptn/s)	✓	✓										M	✓												M			
Oaty Apple Crumble and Custard 1001795 (Yield 63ptn/s)	✓	✓				M	✓						✓															
WK1 Friday																												
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓			
Fruity Fridge Cake 1028608 (Yield 21ptn/s)	✓	✓				M	✓				✓	✓	✓	M	M	M											✓	
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓																									✓	
Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓		✓	
Margherita Pizza & Chips 4955 (Yield 6ptn/s)	✓	✓	M	M	M	M	M						✓															
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓															
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓			
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																									✓	
Smashed Veggie burger with iceberg and perinnaise 1027379 (Yield 16ptn/s)	✓	✓																								M		
WK2 Monday																												
Crunchy French Onion & Leek Macaroni Cheese with House Salad 1016583 (Yiel	✓	✓										M	✓												✓			
Halal Chicken Sausage (Beef Casing) with Mashed Potatoes and Onion Gravy 49	✓	✓											✓														✓	
Halal Chicken, Leek and Sweetcorn Pie With Mashed Potatoes 1028785 (Yield 50	✓	✓											✓															
Non Halal Chicken & Beef Sausage & Mash and Onion Gravy 1018230 (Yield 50p	✓	✓																									✓	
Pork Sausage (Beef Casing) & Mash with Onion Gravy 5027 (Yield 48ptn/s)													✓														✓	
Vegan Sausage & Mash & Onion Gravy 5018 (Yield 48ptn/s)												✓															✓	
Waffle Berry Pudding 1029362 (Yield 42 ptn/s)	✓	✓				M					✓	✓	✓															

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Secondary Menu (All Variations) Oct 26

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WK2 Tuesday																												
Apple and Cinnamon Pie and Custard 1028745 (Yield 50ptn/s)	✓	✓											✓															
Classic Beef Lasagna, Homemade Garlic Bread and Garden Peas 5022 (Yield 40	✓	✓									M	M	✓												M			
Halal Beef Lasagna, Homemade Garlic Bread & Garden Peas 5025 (Yield 40ptn/s	✓	✓									M	M	✓												M			
Halal Classic Lamb Lasagna, Homemade Garlic Bread & Garden Peas 5032 (Yiel	✓	✓									M	M	✓												M			
Plant Based Bolognaise with Pasta and House Salad 4997 (Yield 60ptn/s)	✓	✓										M													M			
Vegan BBQ Boston Bean Sausage Casserole and Mashed Potato 1016557 (Yield	✓	✓				✓						✓												✓				
WK2 Wednesday																												
Greek Style Quorn fillet with lemon and herb roasted potatoes and seasonal veget	✓	✓									✓		✓														✓	
Halal Sweet Chilli Chicken Kofta with lemon and herb roasted potatoes, seasonal	M	M									✓		✓														✓	
Lemon Sponge & Custard 1029346 (Yield 63ptn/s)	✓	✓									✓	M	✓														✓	
Sweet Chilli Chicken Kofta with lemon and herb roasted potatoes, seasonal vegeta	M	M									✓		✓														✓	
WK2 Thursday																												
Baked Churros with Chocolate Sauce 5236 (Yield 45ptn/s)	✓	✓				M					✓	✓	✓															
Cauliflower & Chickpea Korma with Carrot Rice and Spiced Roast Cauliflower 102	M	M																										
Chicken and Chickpea Korma with Carrot Rice and Spiced Roast Cauliflower 102																												
Halal Chicken and Chickpea Korma with Carrot Rice and Spiced Roast Cauliflowe																												
WK2 Friday																												
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓			
Fruity Fridge Cake 1028608 (Yield 21ptn/s)	✓	✓				M	✓				✓	✓	✓	M	M	M											✓	
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓																									✓	

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Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓		✓	
Margherita Pizza & Chips 4955 (Yield 6ptn/s)	✓	✓	M	M	M	M	M						✓															
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓															
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓			
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																									✓	
Vegan Moroccan spiced butternut squash pasty with chips and peas 1017803 (Yi	✓	✓																										
WK3 Monday																												
Beef & Lentil Bolognaise with Pasta and House Salad 4871 (Yield 60ptn/s)	✓	✓										M													M			
Chocolate Sponge & Chocolate Sauce 5238 (Yield 63ptn/s)	✓	✓									✓		✓															
Halal Beef & Lentil Bolognaise with Pasta and House Salad 1028750 (Yield 60ptn/	✓	✓										M													M			
Halal Lamb & Lentil Bolognaise, Pasta & House Salad 1018264 (Yield 60ptn/s)	✓	✓										M													M			
Plant Based Bolognaise with Pasta and House Salad 4997 (Yield 60ptn/s)	✓	✓										M													M			
Smashed Butternut Squash Pasta Bake 1028748 (Yield 10ptn/s)	✓	✓										M	✓												M			
WK3 Tuesday																												
BBQ Chicken with Salt n Pepper Wedges & Spicy Slaw 1029479 (Yield 10ptn/s)	✓	✓				✓						✓												✓				
Brookie Bar 1029373 (yield 63 ptn/s)	✓	✓				M					✓	✓	✓															
Chipotle Quorn Dippers With Salt n Pepper Wedges And Spicy Slaw 1029475 (Yie	✓	✓																										
Halal BBQ Chicken With Salt n Pepper Wedges & Spicy Slaw 1029482 (Yield 10p	✓	✓				✓						✓												✓				
Vegan Sausage & Mash & Onion Gravy 5018 (Yield 48ptn/s)												✓															✓	
WK3 Wednesday																												
Halal Salt & Pepper Roast Chicken 1001887 (Yield 50ptn/s)	✓	✓									✓		✓															
Jam and Coconut Sponge 1016116 (Yield 21 ptn/s)	✓	✓									✓		✓														✓	

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Roast Pork, Crisp Roasties, Seasonal Veg and Roast House Gravy 1001876 (Yiel	✓	✓									✓		✓																
Roasted Vegetable and Chick Pea Pastry Roll with Crisp Roasties, Seasonal Vege	✓	✓																									✓	
Salt & Pepper Roast Chicken Crisp Roasties Seasonal Veg & Roast House Gravy	✓	✓									✓		✓																
WK3 Thursday																													
BBQ Plant based Pieces with Spicy Rice and Toasted Corn Salsa 1028689 (Yield	✓	✓				✓						✓												✓					
Chipotle Chicken with Spicy Rice and Toasted Corn Salsa 1028423 (Yield 25ptn/s	✓	✓				✓						✓												✓					
Halal Chipotle Chicken with Spicy Rice & Toasted Corn Salsa 1028684 (Yield 25p	✓	✓				✓						✓												✓					
Mixed Berry & Apple Crumble 5230 (Yield 84ptn/s)	✓	✓											✓																
WK3 Friday																													
Battered Fish & Chips 4867 (Yield 20ptn/s)	✓	✓				✓		✓			✓														✓				
Halal Sausage Chicken & Beef & Chips 4972 (Yield 10ptn/s)	✓	✓						✓																			✓		
Hand Battered Fish & Chips 5177 (Yield 40ptn/s)	✓	✓				✓		✓			✓														✓		✓		
Hot Chocolate Rocky Road and Custard 1005762 (Yield 21ptn/s)	✓	✓				M					✓	✓	✓	M	M	M										M			
Korean BBQ Bean Burger 1027183 (Yield 20ptn/s)	✓	✓									✓	✓														M			
Margherita Pizza & Chips 4955 (Yield 6ptn/s)	✓	✓	M	M	M	M	M						✓																
Margherita Pizza & Chips Homemade 7955 (Yield 8ptn/s)	✓	✓										✓	✓																
Salmon Fishcake, Chips & Peas 4969 (Yield 20ptn/s)	✓	✓						✓			✓														✓				
Sausage (Pork) & Chips 4974 (Yield 10ptn/s)	✓	✓																									✓		
Daily Pasta																													
Creamy Pesto Pasta 12oz 7333 (Yield 20ptn/s)	✓	✓										M	✓												M				
Creamy Pesto Pasta 16oz 7332 (Yield 15ptn/s)	✓	✓										M	✓												M				
Pasta in Cheese Sauce 12oz 7331 (Yield 20ptn/s)	✓	✓										M	✓												✓				

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Pasta in Cheese Sauce 16oz 7330 (Yield 15ptn/s)	✓	✓										M	✓												✓			
Tomato & Basil Pasta 12oz 7335 (Yield 20ptn/s)	✓	✓										M													M			
Tomato & Basil Pasta 16oz 7334 (Yield 15ptn/s)	✓	✓										M													M			
Daily Jacket Potatoes																												
Jacket Potato with Beans 5219 (Yield 10ptn/s)																												
Jacket Potato with Cheese 5221 (Yield 10ptn/s)													✓															
Jacket Potato with Tuna Mayonnaise 5223 (Yield 10ptn/s)								✓			✓																	
Daily Salad Bar																												
Basic Brown Bread Recipe 1013214 (Yield 50ptn/s)	✓	✓																										
Salad Bar - Crunchy Orange Bulghar Wheat Salad 9869 (Yield 15ptn/s)	✓	✓										✓																
Salad Bar - Greek Salad 9870 (Yield 10ptn/s)													✓															
Salad Bar - Italian Bean Salad 9871 (Yield 14ptn/s)													✓														✓	
Salad Bar - Moroccan Cous Cous, Sultanas & Roast Courgette 9872 (Yield 13ptn/	✓	✓									M	M	M												M			
Salad Bar - Naked Nicoise Salad 9873 (Yield 12ptn/s)																									✓		✓	
Salad Bar - Panzanella with Broccoli 9881 (Yield 10ptn/s)	✓	✓				M																				M	✓	
Salad Bar - Pickled Beetroot & Red Onion Salad 9882 (Yield 10ptn/s)																											✓	
Salad Bar - Potato Spring Onion Parsley & Soy Bean Salad 9883 (Yield 1ptn/s)											✓	✓															✓	
Salad Bar - Quinoa Salad Cheese Pea and Mint 9967 (Yield 15ptn/s)													✓															
Salad Bar - Roasted Butternut Squash Ginger & Seed Salad 9968 (Yield 10ptn/s)																												
Salad Bar - Roasted Pearl Barley, Carrot& Vinaigrette 9970 (Yield 13ptn/s)	✓	✓				✓																			✓		✓	
Salad Bar - Roasted Pepper & Aubergine, Sweet Potato 9971 (Yield 100ptn/s)																												
Salad Leaves 1001815 (Yield 10ptn/s)																												