

Allergens list for primary school lunches from AMEY catering

Soups	Allergen
Vegetable Soup	Celery
Potato and Leek Soup	Celery
Carrot and Coriander Soup	Celery
Lentil Soup	Celery
Tomato Soup	Celery
Minestrone Soup	Celery, Gluten (Wheat)
Main meals	Allergens
Jacket Potato Beans	None
Jacket potato Cheese	Milk
Jacket Potato Tuna	Egg
Beans on Toast	Gluten (Wheat)
Mac and Cheese	Milk, Gluten (Wheat)
Sweet and Sour Veg and Noodles	Egg, Soya, Gluten (Wheat, Barley)
Vegan Sausage Rolls	Gluten (Wheat)
Mince in Gravy with Yorkshire Pudding	SO ₂ , Milk, Egg, Gluten (Wheat) in Yorkshire pudding
Tomato Pasta	Gluten (Wheat)
Quorn Tacos	Gluten (Barley) Quorn Mince (Egg)
Fish	Gluten (Wheat), Fish
Quorn Southern bites wrap	Gluten (Wheat)
Quorn Tikka Masala	Egg, Milk
Pasta Bolognese	Gluten (Wheat)
Tomato and Basil Pasta	Gluten (Wheat)
Chicken Casserole	None
Chicken Goujons	Gluten (Wheat)
Vegan Sausages	Gluten (Wheat)
Veg Ball in tomato Sauce	Gluten (Barley)
Beef Burgers with bun	Soya, SO ₂ . Bun Soya, Gluten
Vegan Sausage in gravy	Gluten (Wheat)
Chicken Curry	Mustard, Gluten (Wheat)
Quorn Dippers	Egg, Milk, Gluten (Wheat)
Omelette	Egg, Milk
Neapolitan Pasta	Gluten (Wheat)
Sweet Chilli Oriental Noodles	Egg, Soya
Cheese Sandwich	Milk, Gluten (Wheat), Soya
Tuna Sandwich	Fish, Egg, Gluten (Wheat) Soya
Chicken Sandwich	Gluten (Wheat)
Egg Roll	Egg, Gluten (Wheat)
Pizza	Milk, Gluten (Wheat)
Salmon Bubble Crisp (G/F)	Fish
Dessert	Allergens
Chocolate Sponge	Egg, Milk, Soya, and Gluten (Wheat)
Yoghurt	Milk
Ice Cream	Milk
Jelly	None
Potatoes, vegetable and breads	Allergens
Mashed Potato	None
Chips	None

Potato Wedges	None
Boiled Potato	None
Salad	None
Sweetcorn	None
Carrots	None
Peas	None
Broccoli	None
Mixed Veg	None
Garlic Bread	Gluten (Wheat) Milk
Crusty Bread	Wheat
Naan Bread	Wheat
Gluten free and dairy free	Allergens
Gluten Free Cheese Sandwich	Milk
Gluten Free Tuna Sandwich	Egg, Fish
Gluten Free Chicken Sandwich	None
Gluten Free Egg Sandwich	Egg
Dairy Free Cheese Sandwich	Gluten (Wheat)
Dairy Free Egg Sandwich	Egg, Gluten (Wheat)
Dairy Free Tuna Sandwich	Egg, Fish, Gluten (Wheat)
Dairy Free Chicken Sandwich	Gluten (Wheat)
Violife Cheese	None
Violife Grated Cheese	None
Alpro Soya Milk	Soya
Alpro Natural Yogurt	Soya
Dairy Free Yoghurt	Soya
Gluten Free Fish	Fish
Gluten Free Chicken Goujons	None
Gluten Free Pasta	None