

Primary & Nursery Menu Allergen Matrix

		Contain	Celery	Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
		May contain														
		Allergen Free														
Soups																
RSO001	Carrot & Coriander Soup (ve)															
RSO002	Leek & Potato Soup (ve)															
RSO003	Tangy Tomato Soup (ve)															
RSO004	Seasonal Veg & Rice Soup (ve)															
RSO005	Seasonal Harvest Soup (ve)															
RSO006	Lentil Soup (ve)															
S01	Kale & Broccoli Soup (ve)															
S02	Sweet Potato & Coconut Soup (ve)															
Lunch Meals																
M01	Chicken Curry & Rice Pot															
M01VE	Quorn Curry & Rice Pot															
M02	MSC fish fingers with Oven chips (ve) & Mixed salad (ve)															
M02VE	Fishless Fingers with Oven chips (ve) & Mixed salad (ve)															
M02GF	G/F Fish fingers with Oven chips (ve) & Mixed salad (ve)															
M03 & M21	Baked potato with Beans (ve) & Mixed salad (ve)															
M04	Roast Chicken Dinner with Yorkshire Pudding & Mashed potato (v) & Peas & Carrots (ve)															
M04V	Quorn Fillets with Yorkies, with Mashed Potato & Peas & Carrots (ve)															
M04VE	Quorn Fillets in Gravy & Peas & Carrots (ve)															
M04AF	Allergen-Friendly Chicken in Gravy with Mashed Potato & Peas & Carrots (ve)															

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		May contain														
		Allergen Free														
M04N	Roast Chicken Fillets in Gravy															
M05 M17	Cheesy Champion Pie (v) & Rainbow salad (ve)															
M06	Red Tractor Ham Sandwich & Rainbow salad (ve)															
M06V	Cheese Sandwich & Rainbow salad (ve)															
M06VE	Vegan Cheese Sandwich & Rainbow salad (ve)															
M06AF	Allergen - Friendly Ham Sandwich															
M07	Margherita pizza with Onion rings (ve) & Mediterranean salad (ve)															
M07GF	Margherita pizza (v) with oven chips (ve) Mediterranean salad (ve)															
M07AF	Allergen - Friendly Margherita pizza with oven chips & Mediterranean salad (ve)															
M07N	Margherita pizza (v) with onion rings (ve) Mediterranean salad (ve)															
M07NGF	Margherita pizza (v) with oven chips (ve) Mediterranean salad (ve)															
M07NAF	Allergen - Friendly Margherita pizza with oven chips & Mediterranean salad (ve)															
M08	Homemade Chickpea curry (ve)															
M09	Cheese & Cream Cheese Bagel (v) & Mediterranean salad (ve)															
M09	Vegan Cheese & Vegan Cream Cheese Bagel & Mediterranean salad (ve)															
M09GF	Cheese & Cream Cheese G.F Bagel (v) & Mediterranean salad (ve)															
M09AF	Allergen-Friendly Cheese & Cream Cheese Bagel (ve)															
M10	Mexican Beef Burrito bowl & Pico de gallo (ve)															
M10DF	D/F Mexican Beef Burrito bowl Pico de gallo (ve)															
M10V	Mexican-Quorn Burrito bowl (v) Pico de gallo (ve)															
M11	Toasted Folded Turkey Quesadilla Pico de gallo (ve)															
M11DF	D/F Toasted Folded Turkey Quesadilla Pico de gallo (ve)															
M11GF	Toasted Folded Turkey in G/F Quesadilla Pico de gallo (ve)															

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		May contain														
		Allergen Free														
M11V	Toasted Folded Cheese Quesadilla (v) Pico de gallo (ve)															
M11VE	Toasted Folded Vegan Cheese Quesadilla (ve) Pico de gallo (ve)															
M11AF	Allergen-Friendly Toasted Folded Turkey Quesadilla Pico de gallo (ve)															
M12	Baked potato with Cheese & Pico de gallo (ve)															
M12VE	Baked potato with Vegan Cheese Pico de gallo (ve)															
M13	Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)															
M13GF	G/F Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)															
M13VE	Vegan Hot Dog (ve) with Potato wedges (ve) Carrot & Cucumber sticks (ve)															
M14 & M35	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)															
M14EF	E/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)															
M14GF	G/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)															
M14VE	Quorn Dippers in Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)															
M14AF	Allergen-Friendly Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)															
M15	Cheese sandwich (v) Carrot & Cucumber sticks (ve)															
M15VE	Sheese sandwich (ve) Carrot & Cucumber sticks (ve)															
M15GF	G/F Cheese sandwich (v) Carrot & Cucumber sticks (ve)															
M15AF	Allergen-Friendly Cheese Sandwich (ve) Carrot & Cucumber sticks (ve)															
M16	Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)															
M16GF	G/F Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)															
	Vegan Burger with Oven chips (v)															

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		Contain														
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		Allergen Free	Celery	Cereals containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
M18	Turkey & Cheese Bagel Crunchy salad (ve)															
M18DF	Turkey & Vegan Cheese Bagel Crunchy salad (ve)															
M18GF	Turkey & Cheese G/F Bagel Crunchy salad (ve)															
M18VE	Vegan Cheese & Flora Bagel Crunchy salad (ve)															
M18AF	Allergen-Friendly Turkey & Cheese Bagel (ve)Crunchy salad (ve)															
M19	Beef Lasagne															
M19V	Mixed Veg Lasagne															
M19AF	Allergen - Friendly Beef Bolognese Pasta Bake															
M20	MSC Breaded Fish Goujons with herby boiled potatoes (v) Peas & carrots (ve)															
M20GF	G/F Breaded Fish Goujons with herby boiled potatoes (v) Peas & carrots (ve)															
M20VE	Fishless Fingers with herby boiled potatoes (v) Peas & carrots (ve)															
M22	Herby Tomato Pasta (ve)															
M22G/F	Herby Tomato G/F Pasta (ve)															
M23	Cheddar Cheese Panini (v) with Diced potatoes (ve) Pico de gallo (ve)															
M23VE	Vegan Cheddar Cheese Panini (v) with Diced potatoes (ve) Pico de gallo (ve)															
M23GF	Cheddar Cheese G/F Panini (v) with Diced potatoes (ve) Pico de gallo (ve)															
M23AF	Allergen-Friendly Cheddar Cheese Panini (ve) with Diced potatoes (ve) Pico de gallo (ve)															
M24	Cheese & Tomato Pizzini (v) with diced potatoes (ve) Pico de gallo (ve)															
M24VE	Vegan Pizza Sub (ve) with diced potatoes (ve) Pico de gallo (ve)															
M24GF	G/F Pizza Sub (v) with diced potatoes (ve) Pico de gallo (ve)															
M24AF	Allergen-Friendly Pizza sub (ve) with diced potatoes (ve) Pico de gallo (ve)															
M25	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)															
M25GF	QMS Homemade Steak pie (no pastry) with Mashed potatoes (v) Peas & carrots (ve)															

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		May contain														
		Allergen Free														
M25VE	Vegan pie (ve) with Mashed potatoes (v) Peas & carrots (ve)															
M26	Free Range Foiled Omelette (v) with Garlic bread (ve) Crunchy salad (ve)															
M26VE	Vegan Sausages (ve) with Garlic bread (ve) Crunchy salad (ve)															
M27	Tuna sandwich & Crunchy salad (ve)															
M27EF	E/F Tuna sandwich & Crunchy salad (ve)															
M27GF	G/F Tuna sandwich & Crunchy salad (ve)															
M28	MSC Salmon fingers with Diced potato(v) Rainbow salad (ve)															
M28VE	Fishless Fingers with Diced potato(v) Rainbow salad (ve)															
M31	QMS Beef & Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)															
M31GF	Beef & Cheese G/F Burger with Diced potatoes (ve) Crunchy salad (ve)															
M31DF	Beef & Vegan Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)															
M31VE	Crispy Vegan & Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)															
M32	Veggie Hero Spaghetti (ve)															
M32GF	Veggie Hero G/F Spaghetti (ve)															
M33	Baked potato with tuna mayo Crunchy salad (ve)															
M33EF	Baked potato with E/F tuna mayo, Crunchy salad (ve)															
M34	Sau'sauge Roll (ve) with Baked beans (ve) Mediterranean salad (ve)															
M34AF	Veggie Sausage (ve) with Baked beans (ve) Mediterranean salad (ve)															
M36	Crunchy BBQ Quorn nuggets (v) with Baked beans (ve) Mediterranean salad (ve)															
M36AF	Allergen-Friendly BBQ Veggie sausages (ve) with Baked beans (ve) Mediterranean salad (ve)															
M36N	Plain Quorn nuggets with baked beans (Mediterranean salad)															
M36NAF	Allergen-Friendly Veggie sausages (ve) with Baked beans (ve) Mediterranean salad (ve)															

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		Allergen Free														
M37	Super Saucy Bolognese (v) with Garlic bread (ve)															
M37GF	Super Saucy Bolognese (v) with G/F Garlic bread (ve)															
M37VE	Super Saucy Bolognese (ve) with garlic bread															
M37AF	Allergen-Friendly Super Saucy Bolognese (v) with G/F Garlic bread (ve)															
M38	Halloumi & Rainbow Veggie Orzo Tray Bake(v)															
M38GF	Halloumi & Rainbow Veggie Rice Tray Bake (v)															
M39	Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)															
M39DF	D/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)															
M39EF	E/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)															
M39GF	G/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)															
M40	Red Tractor Chicken Fajita in Pitta Pockets with Oven chips (ve) Rainbow salad (ve)															
M40GF	Red Tractor Chicken Fajita in G/F Tortilla Wraps with Oven chips (ve) Rainbow salad (ve)															
M40VE	Quorn Fajita in G/F Tortilla Wraps with Oven chips (ve) Rainbow salad (ve)															
M41	Mexican - Style Chilli Con Carne with nacho chips (ve)															
M41VE	Mexican - Style Chilli Con Quorn with nacho chips (ve)															
M41N	Mexican-Style Chilli con carne with rice															
M43	Tomato Sausage Pasta Bake															
M43DF	D/F Tomato Sausage Pasta Bake															
M43GF	G/F Tomato Sausage Pasta Bake															
M43VE	Tomato Vegan Sausage Pasta Bake (ve)															
M43AF	Allergen-Friendly Tomato Sausage Pasta Bake (ve)															

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Lunch Meals (P6/P7 Grab & Go Option)																
M46	Hot n Spicy Chicken Burger / Plant-based Burger															
M47	Chicken Rollover Hot Dog															
M48	Pasta Arrabita															
M48	Pasta Tomato & Mascarpone (v)															
M49	Chilli Potato Dogs															
M50	Loaded Fries: Salt & Chilli Chicken															
M50	Loaded Fries: Salt & Chilli Veg (v)															
Sides - Veggies																
SV01	Mixed salad (ve)															
SV02	Rainbow salad (ve)															
SV03	Peas (ve)															
SV04	Carrots (ve)															
SV05	Mediterranean salad (ve)															
SV06	Pico de gallo (ve)															
SV07	Cucumber & Carrot sticks (ve)															
SV08	Crunchy salad (ve)															
SV09	Mixed pepper salad (ve)															
Sides - Carbs																
SC01	Oven chips (ve)															
SC02	Mashed potatoes (ve)															
SC03	Onion Rings (ve)															
SC05	Potato wedges (ve)															
SC06	Herby boiled potatoes (ve)															
SC07	Diced potatoes (ve)															
SC08	Garlic bread (ve)															
SC08GF	G/F Garlic Bread (ve)															

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		May contain														
		Allergen Free														
SC09	Baked Beans (ve)															
SC10	Nacho Chips (ve)															
Desserts																
Fruity Yoghurt (v)																
Vanilla Soya Dessert (ve)																
Jelly (ve)																
Vanilla Ice Cream (v)																
Fruit salad (ve)																
Deligh Dessert																
Vanilla Soya Dessert (ve)																
Choice of Home Baking																
Banana Bread (v)																
Gluten Free Banana Bread (v)																
Egg Free Banana Bread (ve)																
Allergy-Friendly Banana Bread (ve)																
Carrot Cake(v)																
GF Carrot Cake (v)																
Oaty Flapjack (ve)																
Gluten-Free Flapjack (ve) (Oat)																
Peach Melba Sponge (v)																
G/F Peach Melba Sponge (v)																
Allergy-Friendly Peach Melba Sponge (ve)																
Chocolate Brownie (v)																
Cookie (v)																
Homemade Shortbread (ve)																
Sponge Cake with Filling (v)																
Gluten Free Sponge Cake with Filling (v)																
Allergy-Friendly Sponge Cake with Allergen-Free Filling (ve)																
Apple Crumble with Custard (v)																
Rice Pudding with Jam																